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Home Economics is concerned with all aspects of daily living including human relationships and development, resource management, consumerism, foods and nutrition, clothing and textiles, housing and aesthetics. Home Economics brings together knowledge from its own research, the sciences and the arts and uses this knowledge to assist people in enhancing their daily lives.

CODE OF ETHICS

As a home economist and as a member of the Canadian Home Economics Association, I pledge to practise home economics to the best of my abilities and to:

1. Uphold the mission of home economics to enhance the quality of daily life for individuals and families.
2. Support the Association and further its aims.
3. Discharge my professional duties with integrity.
4. Strive to provide the best service available and only that service for which qualifications are possessed.
5. Inform the public and employer of possible consequences of services, products and policies which may impact the well-being of individuals and families.
6. Strive to make judgments and recommend solutions in a rational, must and unbiased manner in such matters as confidentiality and conflict of interst.
7. Strive to protect the public in the event of unethical or incompetent behavior of colleagues and fellow family professionals.
8. Strive to be cooperative and equalitarian in approach to clientele and colleagues.
9. Maintain high standrds of professional practice through continuing education, critique, and reflection of professional experience, and participation in dialogue with the professional community.
10. Reflect critically on optimum conditions for human health and well-being.
11. Conduct myself at all times so that no dishonor befalls individual members or the profession.

L'Économie Familiale touche tous les aspects de la v ie quotidienne, dont les relations humaines et l'épanouissement de la personne, la gestion des ressources, l'économie de la consommation, les aliments et la nutrition, l'habillement et les textiles, l'habitat et l'esthéthique. L'économie familiale regroupe un ensemble de connaissances issues desses propres travaux de recherche, des sciences et des arts en vue d'aider la population dans la vie de tous les jours.

CODE DE DÉONTOLOGIE

En qualité d'économiste familiale et de membre de l'Association canadienne d'économie familiale, je m'engage à pratiquer l'économie familiale aux mieux de mes compétences et à :

1. Appuyer la mission de l'économie familiale, qui consiste à améliorer la qualité de la vie quotidienne des personnes et des familles.
2. Soutenir l'Association et poursuivre les buts qu'elle s'est fixés.
3. Assumer mes responsabilités professionnelles avec intégrité.
4. Mefforcer de fournir les meilleurs services possibles, et seulement les services pour lesquels je suis qualifiée.
5. Informer le public et mon employeur des effets possiles des services, des produits et des politiques pouvant influer sur le bien-être des personnes et des familles.
6. M'efforcer de porter des jugements et de recommander des solutions de façon rationnelle, juste et impartiale quand il est question de confidentialité et de conflits d'intérêt.
7. M'efforcer de protéger le public si des collègues et des professionnels de ma spécialitéfont preuve d'incompétence ou manquent à la déontologie.
8. M'efforcer de traiter la clientèle et mes collègues dans un esprit d'équité et de coopération.
9. Garder des normes élevées de pratique professionnelle grâce à la formation permanente, à une réflexion objective touchant l'expérience professionnelle, et au dialogue dans mon milieu professionnel.
10. Réfléchir objectivement sur les conditions optimales nécessaires à la santé et au bien-être des personnes.
11. Me conduire de façon à ne jamais jeter le discrédit sur des membres de la profession ou sur la profession même.

Canadian Home Economics Journal

Revue canadienne d'économie familiale

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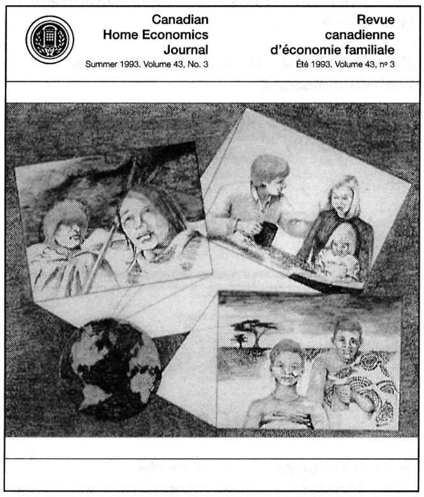

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Reader Forum

February, 1993

Dear Editor:

As reviewer of Mary Humphries' two *Fabric Handbooks*, I would like to respond to her concerns regarding the coverage of the content. My task as reviewer was to describe within the 300-word limit the features which I believed would be relevant to the readers of the *Canadian Home Economics Journal*. Comments were also made in light of the author's indication in accompanying promotional material that the *Handbooks* were useful for several types of users including teachers, manufacturers, home sewers, and students.

How one obtains information from one or both of the Handbooks is dependent on the type of user and kind of information sought. Because most "file" pages of the *Glossary* do have several fabric names at the top, users may not be certain which name will be used to alphabetize. Therefore, the suggested alternative approach of using the comprehensive index would likely be more efficient.

The textbook function of the *Reference* was not incorporated in the review because the contents were not consistent with expectations we set for our students. Today's students are alerted to the consequences of neglecting to document sources of ideas, words, and designs which are not their own. In the *Reference* there are many instances of copies of illustrations from undocumented sources. If this practice occurs in a textbook, students will have difficulty understanding our reprimands when plagiarism appears in their submissions.

The mention of word processing was included so that readers realize that the *Handbooks* are not typeset. This has an impact on the presentation of the information. The readers would likely be interested to know that all accents, degree symbols, and superscripts were inserted by hand. No symbols were used with trademark names or copyright. The only modifications to the one kind of type used in the printing were underlining and boldface in the *Glossary*.

Sincerely,
Nelma Fetterman, PhD, PHEc
Associate Professor
University of Manitoba

New Insights into Teaching Apparel Design

Linda Capjack

Abstract

One of the challenges facing home economics educators is to adapt course curriculum to have it keep pace with a rapidly changing environment, and to make it relevant, challenging, and marketable. Several innovative projects have been implemented in apparel design classes in the Department of Clothing and Textiles at the University of Alberta in Edmonton. Projects were designed to integrate competitive strategies, to develop research skills, to increase problem solving ability, and to foster a closer link with the apparel industry. One of these projects was the designing of a children's wear line using computer-aided design technology, done in conjunction with a local designer. The other project was to expose students to another avenue of apparel design by using the Functional Design Process. Both projects stretched student's analytical and research skills and provided an integrated approach to apparel design.

Résumé

L'un des défis auxquels doivent faire face les éducateurs en économie familiale concerne l'adaptation du programme d'études pour qu'il réponde aux besoins d'un milieu en constante évolution et qu'il soit pertinent, stimulant et intéressant. De nombreux projets novateurs ont été mis en oeuvre dans des cours de création d'habillement au département du textile et du vêtement de l'Université de l'Alberta, à Edmonton. On y a conçu des projets en vue d'intégrer des stratégies concurrentielles, de perfectionner les compétences en recherche, d'augmenter les aptitudes en résolution de problèmes et d'établir un lien plus étroit avec l'industrie de l'habillement. L'un de ces projets portait sur la conception d'une gamme de vêtements pour enfants, à l'aide d'une technique de conception assistée par ordinateur et en collaboration avec un couturier-créateur de la région. L'autre projet consistait à mettre les étudiants en présence d'une autre technique de création d'habillement, au moyen d'un procédé de fabrication fonctionnelle. Ces deux projets ont permis aux étudiants d'élargir leurs compétences en analyse et en recherche et leur ont fait connaître une démarche intégrée à la création de l'habillement.

In a recent article in the Canadian Home Economics Journal, Berenbaum (1992) states that "Home economists will need to expect change, understand change, change themselves, and work to change society" (p. 131). This is all too true in the apparel industry. Staying competitive in a fast changing marketplace is today's challenge in the apparel industry. The industry must be able to not only supply a quality product, but it has to be the right product, in the right place, at the right price, and when the consumer wants it. Therefore, educators in the apparel design area must prepare students to meet the demands of industry and to appreciate the concepts of competitiveness. Students need to be able to integrate and process information in a problem solving setting.

Apparel design and construction classes can no longer only focus on design and construction concepts; all aspects of producing a product must be integral to the learning process. Fostering linkages with the apparel industry makes academia more meaningful to students and makes industry more aware of the cooperative role one needs to play in training the leaders of tomorrow. Several innovative projects have been implemented in curriculum in the Department of Clothing and Textiles at the University of Alberta to meet the challenges of integrating competitive strategies, developing research skills, increasing problem solving ability, and fostering a closer link with the apparel industry.

Linda Capjack, MSc, PHEc, is an Assistant Professor, Department of Clothing and Textiles, Faculty of Home Economics, University of Alberta. Linda teaches courses in apparel design, including computer-aided design, and the apparel industry. She is also assistant to the Dean in the Faculty of Home Economics at the University of Alberta in Edmonton.

Computer-Aided Design Project

Students in an advanced apparel design class worked closely with Scott Shuhaney of Scott's Kids — a local children's wear designer in Edmonton and a home economics graduate, to produce a line of children's clothing using computer-aided technology. The designer came to the class twice, once at the beginning of the project to set criteria for the project and to discuss production costs, and once at the end to critique the designs.

The designer outlined that the children's wear designs would be done for fall/winter one year in advance and reviewed some of the market trends to keep in mind. She talked about being aware of what the competition is selling, some of the trends in the market, including the move to more comfortable clothing and away from unisex garments. Students had to be cognizant of the cost of manufacturing, and to keep garments unique and yet have minimal detailing. Each detail would add to the cost of the garment. Students were to do market research by observing children, do a market analysis of what was available in local stores, and what price range similar garments were selling for. Forecasting information was to be consulted for style, color, and fabric predictions.

The class/industry project involved the development of a marketable product, within a prescribed price range, and aimed at a specific target market. The objectives of the project were to:

- broaden the apparel design experience
- create awareness of the apparel design process
- emphasize the importance of researching a product
- provide practical experience in designing a line of garments that would meet the criteria set out by a manufacturer
- produce a garment suitable for mass production
- produce a garment that could be sold for a profit
- produce the production pattern entirely on the computer.

As an aside about the computers, the Department of Clothing and Textiles has been working hard to obtain computers which could be used to teach computer aided-design concepts to students. Two computers, a full-scale plotter, and a printer were first obtained through seed funding from the University in order to explore different software to suit our needs. Then another four computers were obtained from a special fund for teaching capital. Donations from alumni helped finance a large digitizing table. Finally, funding was received to share an 18 workstation computer laboratory with another faculty, equipped with specialized apparel design software. Industry-dedicated systems would have been ideal, but the cost of equipping a laboratory large enough for student use was out of the price range. It was decided to use 386 personal computers with AutoCAD[1] (a software package used by engineers for computer-aided design). This alone, with some customization, was first used to teach basic concepts. To be able to do apparel design in-depth, PCPattern[2] (a software package dedicated to apparel design) was purchased, which is an add-on to AutoCAD. It was felt that with this system, students would learn the concepts about computer-aided design and that these concepts would be transferrable to industry-dedicated systems.

For the children's wear design project, teams of two or three students were formed, with each person responsible for a part of the coordinated line. The line was made in a toddler size three, using the sloper library (the set of basic patterns) contained in the computer software package. A production pattern, style sketch, company logo, assembly diagram, and an efficient marker (pattern layout) were all produced on the computer. Fabric was purchased wholesale from the designer and students produced prototype garments to test and evaluate their designs. In a presentation made to the designer, instructor, and classmates, students had to critique their designs, provide a cost analysis, and establish a wholesale price for their product.

Products were judged for creativity and orginality of design, the marketability of the product, as well as manufacturing potential, and suitability for the target market and mass production. Students were also judged on their mastery of the computer-aided design process. Students felt that the most difficult part of the project was to produce a product that they could sell at a competitive price. They liked the reality of designing for an actual industry situation. Students found the work on the computer slow at first until they became adept, but soon did not want to do any other projects manually. Students gained an appreciation for the speed and accuracy of the work that could be done on the computer and were amazed at the precision in fitting the pieces of the prototype garment together.

Functional Design Project

Another interesting project that the second year apparel design students were involved in was a functional design project. The functional design process involves designing a garment around an identified need. This need may come as a request from industry for protective clothing, from a handicapped person with special clothing needs, or from someone needing clothing for a specialty sport. The objectives of this project were to:

- make students aware of another process for design
- give an application for student's knowledge in textile science
- develop research and market research skills
- aid in the production of a marketable product.

Students again worked in teams of two or three people. They worked through the functional design process as identified by Watson (1984), first identifying a need for a garment, exploring the design situation through observation, market analysis, and a literature review. Through focus group interviews, surveys, or individual interviews of people needing this special garment, plus a movement analysis, specifications for the garment were determined. Research had to be done into the type of fabric that would best suit the specifications for the garment. Market research also was employed to determine what products were already available on the market that might meet the specifications and what adaptations would need to be made to existing products. Finally the students had to develop a prototype garment, prepare a written report on their research, and present their findings and prototype to their classmates and instructor.

It was interesting to see the students develop an entrepreneurial spirit as they began to realize that they had developed a unique product for a par-

[1]AutoCAD is a registered trademark of Autodesk, Inc.

[2]PCPattern is a registered trademark of Isabelle M. Lott and David D. Kampe, a software product from Pattern Works.

ticular target market. Some students talked to retail outlets to see if they would be interested in marketing their product. It is possible that some of these products will become business opportunities. This is when clothing and textiles becomes very exciting for students as they can apply their knowledge in a problem solving setting while integrating their knowledge of textiles, their skill at designing, their research skills, and their expertise from business courses.

Summary

It is critical that apparel design students upon graduation be fully prepared for the challenges in the workplace. Home economics educators have to take up the challenge of adapting curriculum to a rapidly changing marketplace, to make it relevant, challenging, and marketable. They need to stretch students to use their analytical and research skills to the fullest by giving them projects that integrate many facets of the problem solving and learning process. Fostering apparel industry linkages not only broadens the apparel design student's experience, it also brings some of the realities of the apparel design workplace into the classroom. Through cooperative projects with industry, students develop business and research skills, and begin to realize what is involved in developing a competitive product. Home economics educators need to take up the challenge of change, take some risks in planning new and innovative programs, and pursue integrated methods of teaching tomorrow's leaders. □

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ANNOUNCEMENT

To help celebrate the International Year of the Family, the Canadian Home Economics Journal invites submissions to be considered for a special theme section planned for 1994 issues of the Journal.

Theme	Issue	Deadline
Families: The Canadian Experience	Winter 1994	September 15, 1993
Families: Roles and Realities	Spring 1994	December 15, 1993
Families: Around the Globe	Summer 1994	March 1, 1994
Families: From Past to Future	Fall 1994	June 15, 1994

Social and Economic Factors Influencing MacKenzie Delta Inuvialuit Parkas

Jill Oakes and Susan Pointe

Abstract

Inuvialuit clothing styles depict regional technology, knowledge, beliefs, and values. The purpose of this paper is to identify and analyze the social and economic factors influencing temporal variations in Inuvialuit clothing styles during the 1800s and 1900s. Spiritual symbolism, interactions with neighboring Native and non-Native groups, and changes in economic trade patterns are all evident in Inuvialuit clothing. A parka worn by a young patient in a tuberculosis sanatorium is used to explain how social and economic changes are communicated in clothing.

Résumé

Les styles vestimentaires Inuvialuit décrivent la technologie, les connaissances, les croyances et les valeurs régionales. Ce texte vise à déterminer et à analyser les facteurs économiques et sociaux qui ont influencé les variations temporelles des styles vestimentaires Inuvialuit au cours des années 1800 et 1900. Le symbolisme spirituel, les interactions avec les groupes autochtones et non autochtones avoisinants, ainsi que les changements relatifs au commerce se reflètent tous de façon manifeste dans les vêtements Inuvialuit. Un parka porté par un jeune patient dans un sanatorium antituberculeux sert à expliquer de quelle façon les changements sociaux et économiques sont transmis par les vêtements.

Susan Pointe (BSc, University of Alberta) studies clothing and textiles from an aesthetic and cross-cultural perspective. She has worked with artifacts from the Clothing and Textiles Collection at the University of Alberta and the Provincial Museum of Alberta, Edmonton.

Jill E. Oakes (PhD, University of Manitoba) has studied environmental factors influencing aboriginal clothing used in Greenland, Canada, Alaska, and the Commonwealth of Independent States. She is currently a professor in the Department of Clothing & Textiles, University of Alberta, Edmonton.

Acknowledgments

The Provincial Museum of Alberta and Charles Camsell Hospital are gratefully acknowledged for their support. Cathy Cockney, Elizabeth Joss, and numerous Inuvialuit and Copper Inuit elders who contributed to this paper are thanked for helping with this research. Without their assistance this project was impossible to complete. Ms. Nancy Cheyne and Mrs. Lori Crayston Almberg are thanked for typing this manuscript.

Skin clothing, the handiwork of the Inuvialuit (Aboriginal people living in the Mackenzie Delta area of western Canada) seamstress, was an art of blending cultural technology, knowledge, beliefs, and values into a covering for the body that protected the physical and spiritual being:

> By dressing in the furs of the animal he hunted and by incorporating zoomorphic references in the design of the parka the Inuit hunter identified himself with the animal world around him. Through the design of his parka the hunter became both predator and prey. (Driscoll, 1989, p.183)

The Inuvialuit seamstress spoke to the spirits of the land and animals in her stitches, believing that they would aid in the survival of her people.

The parka was a form of communication with the spirit and human world. Characteristics and qualities of the animal skin were maintained during tanning, cutting, and sewing of the skin. There was an important spiritual circle that combined the animal, hunter, and seamstress in its realm (Chaussonnet, 1988).

> ... women had to observe certain rules in their art and show respect for the material, as did the hunters of the game. Eskimo women were forbidden to sew while men were hunting important game for fear this work might offend the animals. In addition, the clothing they produced had to be beautiful, with regular and perfect stitches so that the hunter wearing the garment would please the game. (Chaussonnet, 1988, p. 212)

In the human world, the cut, design, and silhouette of the parka were used for non-verbal communication. From the shape of a hood, length of the garment, or decoration within the parka, one could distinguish at a single glance the community the wearer was from.

Across northern Canada, from the Mackenzie Delta Inuvialuit to the Baffinland Inuit, each region has a distinct dialect and material culture. the purpose of this paper is to identify and analyze the social and economic factors influencing temporal variations in Mackenzie Delta Inuvialuit clothing designs during the 1800s and 1900s. Conclusively one can trace the social and economic changes of the Delta

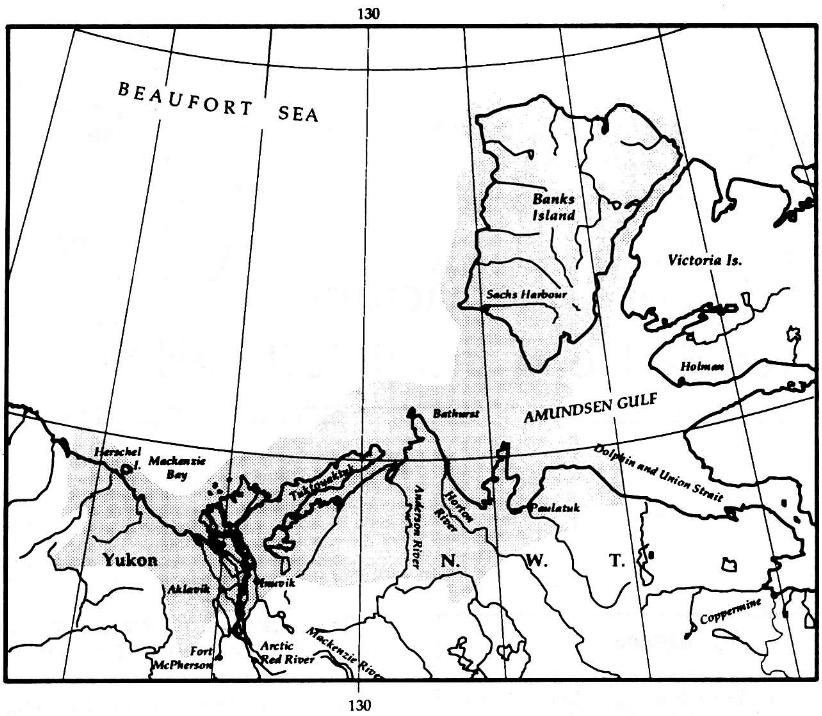

Figure 1. Mackenzie Delta Inuvialuit live predominantly in the western Canadian Arctic. (Illustration credit, R. Riewe, 1991).

Figure 2. Pre-1890 Mackenzie Delta Inuit parka were similar to style used by Copper Inuit during the same time period. (Artifact credit, Smithsonian Department of Anthropology, 128.407).

Inuvialuit community through a historical visual dialogue of their dress.

Living at the mouth of the Mackenzie River, before the existence of Europeans in Canada, the Delta Inuvialuit obtained food, clothing, and shelter from local resources (see figure 1). Inuvialuit had access to sea mammals and fish, as well as, to caribou, wolf, and other smaller land species. These species provided food, clothing, and shelter. Unlike Inuit communities in eastern Canada who used skin tents and igloos, the Delta Inuvialuit collected driftwood or traveled up-river to the treeline to obtain wood for their homes. The Inuvialuit winter home was a "large wood-framed and planked semi-subterranean structure covered with sod and glazed with ice" (Smith, 1984, p. 350). Snow houses or igloos were temporary snow shelters in the Mackenzie Delta. During the summer, conical tents of caribou skin were used as dwellings (McGhee, 1974).

Skins and furs were the fabrics of the Inuvialuit apparel. Coincidentally fur clothing provides the best protection known today against arctic climate. Inuvialuit seamstresses used the cut and construction in the garments to further increase the protection against the arctic cold. For example, the shoulder and armhole seams were dropped to reduce stress in the stitches in this area. Protection, however, was not the only basis in the historical parka designs. Fashion was another source of inspiration. The shape of the hood, hem length, contrasting colored stripes, and decorative shapes found within the body of the parka were elements influenced by fashion trends.

Evolution of Inuvialuit Clothing Designs

Historically, Inuvialuit men and women's caribou skin parkas had two broad large white insets placed over each side of the chest. The shoulder line was dropped and the shoulder width was exaggerated. The Inuvialuit seamstress's eastern neighbors, the Copper Inuit, used similar styles (see figures 2 & 3). Front hems were waist-length on Inuvialuit and Copper Inuit parkas. The back hem was approximately knee-length for the Inuvialuit parka and ankle-length for the Copper Inuit style. The shoulders and hem were decorated with tassels of white fur. Hoods and hems were decorated with narrow strips of white fur. Smith (1984) states that the hood ended in a cone shape similar to the Copper Inuit parka.

Figure 3. Prior to 1916-1918 Copper Inuit parkas had broad chest panels, their fringe placed around the hemline, and long straight back tails. (Artifact credit, Canadian Museum of Civilization IV.D.775).

Figure 4. The Mackenzie Delta parka was influenced by the Alaskan Inupiat parka design. (Photo credit, B. Joss, c. 1954).

Photographs and drawings of Inuvialuit parkas show the hood without caribou ears attached to the back which was common on Copper Inuit parkas.

In the early 1800s, Inuvialuit and Copper Inuit frequently traded with each other (Jenness, 1921, 1922). By the 1820s, the Hudson's Bay Company began establishing trading posts along the Mackenzie River. This initiated a shift in trade patterns. Inuvialuit found it more convenient and economical to trade at the newly established trading posts. By the mid-1800s whalers occasionally entered the Mackenzie Delta area bringing with them their Alaskan Inupiat deck hands. This enabled Alaskan Inupiat and Inuvialuit to trade material goods relatively easily (Petitot, 1887). By 1888, the whaling industry had introduced a steady supply of trade goods and disease into the Delta area. Scarlet fever and measles became a severe epidemic in the Inuvialuit population in 1900-1902 (Smith, 1984). The population fell from 2,500 in 1905 to 130 in 1910. The whale industry also crashed at the turn of the 20th century. Whaling ships left the area, or a few were converted into floating trading posts. Many Alaskan Inupiat deck hands settled in the Delta permanently to trap furs. They

Figure 5. Fabric was quickly incorporated into the parka design. (Photo credit, Public Archives of Canada, PA 99228).

brought their material culture, technology, and cultural knowledge. By the 1920s a steady entourage of traders, missionaries, explorers, and government administrators began "modernizing" the Mackenzie Delta region. On the verge of extinction, the few remaining Inuvialuit adopted the Alaskan Inupiat culture, including their clothing styles.

By the early 1900s, Alaskan style features were incorporated by all seamstresses in the area (see figure 4). These styles remain fashionable today. On the new style, the hood was trimmed with wolverine instead of white caribou fur. The white insets on the side of the hood were smaller than on the old style. The white chest panels were replaced with tusk-like white-haired sections sewn on each side of the centre front. According to Driscoll (1989), these pieces are symbolic of walrus tusks. Walruses are honored for their strength and aggressive behavior. The new parka's hemline was about mid-thigh length. Instead of being cut straight across, the hem curved upwards at the hips. An authentic tail of the caribou was attached to the backs of parkas (Driscoll, 1989). Decorative strings of hair were no longer used; parkas were often trimmed with white caribou hair or wolverine (Oakes, 1991).

Historically, the Alaskan Inupiat through traders obtained brightly colored fabric which was used to make a cloth shell for a skin parka (see figure 5). This style is currently known as the "Mother Hubbard" (Oakes, 1987). The Delta Inuvialuit, due to their interaction with the Alaskan Inupiat, were introduced to this colorful park shell. In addition, two Alaskan Inupiat, Kenmek and Etna, wife and daughter of a whaling Captain named Klengenberg, introduced the Mother Hubbard parka style to Copper Inuit who adopted it within two years (see figures 6 and 7) (Oakes, 1987; Jenness, 1928; Stefansson, 1919). Fabric was also used as an outer shell on parkas.

Trapping became an important economic activity as more trade goods were incorporated into everyday life. Successful trappers could afford more fabric, and other goods. One way of displaying economic status was to make the Mother Hubbard several inches longer than the skin outer parka. When wearing the outer parka, the fabric inner parka was visible designating one's ability to obtain trade goods (Oakes, 1987). In the past spiritual power was obtained by decorating parkas with amulets made from loons, eagle feathers, ermine pelts, and caribou ears (see figures 2 and 3) (Driscoll, 1989). The men's and women's parkas beneath the cotton shell no longer retained the symbolic decoration that was once incorporated in historical Inuvialuit clothing. In this context, it no longer seemed important to look like and become the animal being hunted. Those symbolic and metaphoric references of their culture that seamstresses had carefully incorporated into their artwork began to disappear under the 'shell' of the "white man's" culture.

Figure 6. The Klengenberg Family. (Photo credit, Public Archives of Canada, C38499).

Figure 7. Etna Bolt, Kenmek's daughter, helped introduce the Mother Hubbard and other Alaskan clothing styles to Inuit in the Western Canadian Arctic. (Photo credit, J. Oakes, 1986).

Contemporary Parka Styles

A new culture was emerging from a blend of Inuvialuit, Alaskan Inupiat, Dene, trappers, traders, missionaries, police, and government administrators.

> "They coalesced, a new culture taking direction from local conditions, from leads furnished by new settlers, and from pressures experted by external agencies, notably traders and missionaries." (Honigmann & Honigmann, 1970, p.28)

In the early 1900s, when whaling had ceased to be profitable, trapping and trading activities were adopted by the Inuvialuit. Trapping and trading enabled Inuit to acquire larger amounts of material possessions, including dogs and ammunition. This had a direct impact on wildlife populations near camps. More dogs to pull the sled meant trappers could travel further from the camp, increasing his chances to get more furs (Smith, 1984). Increased trapping pressure enabled the Inuvialuit to "sustain themselves albeit with diminishing resources on edible products of land, rivers, lakes and sea." (Honigmann & Honigmann, 1970, p.41). As Inuvialuit traded furs for goods and money, money to buy themselves more of the non-native culture, they became dependent upon trade goods. Their clothing was taking on a new look. It incorporated fabric and reflected new needs created by the modernization of the north.

In the 1940s, fur values collapsed and those that depended upon the trapping lifestyle were poverty stricken. A concern developed for the "health, education and economic welfare of the northern people." (Honigmann & Honigmann, 1970, p.51). In 1945, health concerns were directed towards the spread of tuberculosis. In 1950, the doctors of the Charles Camsell Hospital in Edmonton, Alberta organized an x-ray survey to northwestern Canada in a search for Aboriginals with tuberculosis.

> "The first x-ray survey for the Inuit [Inuvialuit] people occurred in 1950. It was accom-

plished by travelling down the Mackenzie River to Aklavik (Charles Camsell History Committee [CCHC], 1985).

It was not until 1953 that a mass x-ray survey was accomplished. At this time, a variety of Aboriginal communities were surveyed, including Coppermine, Read and Holman Islands, Cambridge Bay, Bathurst Inlet, Perry River, Gjoa Haven, Spence Bay, and Pelly Bay (CCHC, 1985). People stricken with the disease went to southern hospitals and sanatoria (Honigmann, 1970).

They came to the southern cities of Canada to rid themselves of the sickness. They brought their culture, their history, and their stories to share. Hospitals and sanatoria became cultural meeting centres for all Canadians. Seamstresses sewed their traditional knowledge and the new that they learned into clothing made for their families. Left behind at the Charles Camsell Hospital was the memory of a woman's culture silently buried in the stitches of the parka of her little boy. The boy's parka was discovered by the staff of the Camsell in 1970 and was donated to the Provincial Museum of Alberta (PMA.H 70.131.10) (see Figure 8). At the museum the parka is used to display the wonderment of the cultural handicraft created by the Inuvialuit women. The young boy's parka had a cotton shell over the caribou skin inner parka. Remnants of the tusk-like inserts are stitched on to the inside. The hood is trimmed with wolverine and the style feature reflect the 'new' Inuvialuit and Copper Inuit parka style introduced by the Alaskan Inupiat in the late 1800s. The seamstress's name and history are unknown; however, the style features, stitches, and materials communicate her cultural technology, knowledge, beliefs, and values.

New technology and new materials have replaced caribou skins and hand sewn seams. Today, ink pens record contemporary patterns; in the past regionally unique patterns were passed on from grandmother to daughter using ancient hand measurements. Sewing machines are used instead of bone needles. Thread has replaced caribou sinew and fabric replaced caribou skins. Since the 1960s fabric is the mainstay of Inuvialuit clothing (C. Cockney, personal communication, March 24, 1991). Contemporary parkas are constructed of cotton and nylon, with a synthetic filler between the two layers. Cold metal zippers that stick to children's tongues are used as front closure; and mass-produced rick rack is now the 'cultural' decoration at the hem. Fur is used mainly for trimming the hem or the hood of the parka. Contemporary lifestyles and centrally heated homes have reduced the need for and the time to produce skin clothing. Contemporary parkas made for cultural events, such as drum dances, are usually made from fabric instead of skins (C. Cockney, personal communication, March 24, 1991). Few contemporary Inuvialuit know the traditional art of skin sewing.

> "No, now the girls don't want to sew. You watch them in town. (Do they make boots?) No, No, now is changed. Just wear overshoes. Before make the skin boots, mittens, raincoat, skin pants. Not now. Now I see curly hair; just walking around town." (Hughes, 1965, p.311).

Figure 8. A parka left in the Charles Camsell Hospital reflects the social and economic changes experienced by MacKenzie Delta Inuvialuit and Copper Inuit (Provincial Museum of Alberta, H70.131).

Conclusion

Today parka styles are losing their regional distinction. Styles used by Alaskan Inupiat, Mackenzie Delta Inuvialuit, and Copper Inuit are becoming similar. For example, women all wear the Mother Hubbard parka style and men wear canvas outer parkas. Children wear miniature versions of adult parkas.

Shifts in economics and social interaction directly influenced the evolution of Mackenzie Delta Inuvialuit styles. Through trade with non-Native and neighboring Native groups, new technology and new materials were introduced. These changes in economic or social activities are reflected in the seamstresses' choice for materials, design, and construction technique. Once one learns how to read the regionally unique parka designs, they become similar to a history book. Cultural change is communicated non-verbally through the stitches used to produce a parka. When acculturation took place in the north it had an effect on clothing. The clothing directly reflected the culture in which it was produced and those factors that changed it. The seamstress's hand work visually symbolizes her culture. It reflects her ever-changing cultural beliefs, values, and technology. □

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Factors that Affect Women as Mediators of Family Nutrition in Kenya

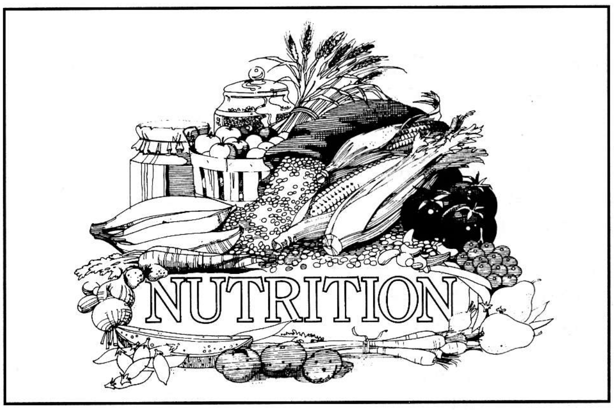
Nyambura Susan Maina and Eloise Comeau Murray

Abstract

This article is based on the premise that women's decisions about food served in the household are the result of many social and economic factors, not only food availability. Using Kenya as the context, it examines some of the constraints affecting decisions about family meals, and hence family nutrition.

Résumé

Cet article s'appuie sur l'hypothèse que les décisions des femmes concernant les aliments servis à la maison sont fonction non seulement de l'accessibilité de ces aliments mais aussi de nombreux facteurs sociaux et économiques. Prenant le Kenya comme contexte, l'article examine certaines des contraintes qui influencent les décisions concernant les repas familiaux et, par conséquent, la nutrition familiale.



In many Sub-Saharan societies, the reproductive and nurturing responsibilities of women are defined broadly to include providing a significant proportion of the resources for the household and then managing their transformation into family meals and other products for consumption. For the majority of women who live in rural areas, this has meant being responsible for growing their own crops for family food, assisting in the tasks associated with men's crops, as well as trading any surplus in local markets to obtain such provisions as salt, soap, and cloth. Women in urban areas, depending on their skills, education, and opportunity, participate in the paid labor force or work in the informal economy to provide their share of family needs.

Regardless of the nature and extent of their economic activity, Kenyan women are seen, and see themselves, first of all as wives and mothers, responsible for bringing up children, food preparation, and other domestic tasks. Since by tradition women have been active in production, and because of the importance of and status associated with food production, women in many African societies take pride in these productive activities. Therefore, women are central to any efforts to overcome hunger and malnutrition in Africa because they predominate in food production for consumption (Charleton, 1987). Since they are responsible for food processing, storage, and preparation, their decisions determine to a large extent the nutritional status of husbands, children, and themselves (See Case I).

The ability of an African woman to provide adequate nutrition depends on the resources available to her, the means she has of mobilizing additional resources, and her knowledge and skills about foods. While the view may be that the household is a cooperative system, in many situations there is a struggle over resources within the domestic sphere (Dwyer & Bruce, 1988). Men's income may, or may not, be used to meet family needs. The intrahousehold allocation of resources reflects the relative status of women and men within the society, as well as

Ms. Maina is a graduate student in Educational Foundations at the University of Alberta. Her graduate program is funded by a CIDA project linking the University of Alberta and Kenyatta University. **Dr. Murray** is Professor in the Departments of Rural Economy and Women's Studies at the University of Alberta. She is the former Dean of the Faculty of Home Economics.

Note: A second paper being prepared for the Canadian Home Economics Journal will suggest some educational and policy alternatives to address the issues raised in this paper.

Case I

Atieno — An Urban Woman

Atieno is a secretary in a government office. Her husband is a bank clerk. They have 3 children, two of whom go to school. They pool their money and then her husband gives her money for food every two weeks. This food money has been the same amount for the last ten years, though food prices have risen drastically. She dare not complain, as her husband will think she is extravagant, since she hoards some of the food money for jewellery and clothing to keep up with 'high fashion'. A secretary must always be well dressed or she may lose her job!

Atieno thinks food is too expensive in the retail market, but feels she cannot go to the wholesale open air market where prices are more reasonable, even though her neighbor does. What would her friends think? So she makes sure her husband gets the best of the food, always a serving of meat, vegetables, and ugali[1]. She, her children and the household worker eat mostly vegetables and ugali. This household worker, who recently arrived from the village and who has never studied nutrition, does most of the shopping and cooking. She packs the children's school lunches which often are buttered white bread and pop because that is what they like.

the gendered norms for providing for the family. Although women's resourcefulness is remarkable, nevertheless they are caught in a vicious cycle of limited capital, insufficient training, lack of opportunity, and low income from which few suceed in escaping.

Changes that have affected all or part of the traditional activities of women may have undermined their status as individuals as well the food supplies. This result is particularly evident in development projects that not only reduce the resources available to women, but also increase their workload. Current food shortages in Africa have proved how inefficient it is to ignore the women who are the producers! This oversight of women's important production responsibilities, coupled with the social and economic effects of structural adjustment programs, has made severe impacts on families' nutritional status, as well as general levels of food security (See Case II).

This paper focusses on factors that constrain women as mediators of household nutrition, with emphasis on the resources available to them. Within a short paper it is not possible to address the full complexity of this topic; however, it must be borne in mind that women's economic roles and access to productive resources are influenced by their position in their life-cycle. There are differences for young mothers, divorced or widowed women, and older women. Similarly, socioeconomic status influences roles, interests, and needs. It is not appropriate to consider women as a single, homogenous entity.

Access to Resources

Although a discussion of food issues seems a "safe" topic, often it turns out to be central to all sorts of problematic areas of African women's lives. The degree to which they control resources is extremely difficult to determine. Even if "access" and "use of" resources are measurable, these indicators may not imply ultimate control over the disposal of resources. The provision of food for a household requires income to buy food from market and/or productive assets necessary for household-based production of food.

The present situation where many women cannot own property, except for limited items such as personal clothing and jewellery, leaves them at the mercy of husbands or in-laws. In spite of women's important roles in the creation and maintenance of homes, often they are required to depend on the charity of others. In Africa, data suggest that socioeconom-

Case II

Wanjiru — An Rural Woman

Wanjiru is a 28 year old farmer and mother of four children, two of whom go to school. Her husband works as a policeman in Nairobi, two hundred kilometres away; therefore, she has sole responsibility for the children, the family 'shamba'[2] two acres, and her mother who lives with her and who often is not well.

On her two acre plot, Wanjiru grows pyrethrum as well as food. Pyrethrum is a cash crop and the flowers which are used to make an insecticide have to be picked all year round. She keeps a few chickens and recently she has acquired a cow. Each morning she wakes up at five to gather fodder for the cow that is not allowed to graze for there is not enough land. She cleans the pen and fetches water for the cow.

While Wanjiru is attending to the cow, her eldest daughter, a girl of seven, prepares tea for her brother and sisters and the two oldest ones leave for school. Porridge would take a long time to prepare and uses up a lot of firewood. Furthermore, a lot of water is needed to clean up after porridge is eaten. In any event, the children prefer the taste of tea.

When the grandmother who lives with them is well, she boils some potatoes for the children to carry to school for their lunch. Wanjiru is concerned because her daughter fainted at school twice in the last two weeks. When the children come from school, Wanjiru will prepare some maize and beans for dinner, but on market days their grandmother will boil potatoes or bananas for them.

Recently Wanjiru took her youngest child to the clinic where the nurse said she 'was not growing'. Wanjiru was instructed to feed her more eggs and that she should drink more milk. But Wanjiru must sell the eggs and milk to pay for school fees, uniforms, books as well as sugar, and cooking fat. The pyrethrum brings good money but her husband takes care of selling it. He is saving to buy a water tank so Wanjiru will not have to make so many trips to the river, and so she will be able to keep another cow.

[1]ugali — a corn-based thick porridge
[2]shamba — a small farm

ic transformation, whether through national or international economic policies, has contributed to diminishing women's social standing and constricted their capacity to produce and provide for their families.

Land/Income

In the analysis of attempts to modernize, it becomes clear that in some cases women have benefitted while in others many have suffered. Where land distribution is fairly homogeneous by class and gender, one issue for women is whether or not they have labor obligations related to cash crops and their food crops. If so, when the pressure of cash crop work increases then production of food crops decreases. Less laborious crops are grown in place of more nutritious lucrative produce. In the case where land distribution is uneven, women often have no option but to work on agribusiness plantations and if so, they must abandon their own crops. This has led to elimination of important minor crops and indigenous plants that provide nourishment during pre-harvest period when staples are in short supply and during crop failure periods (Fleuret & Fleuret, 1980). In these situations women's status in the home has remained largely unchanged. The process of commercialization of agriculture leads to increased area under cash crops, and in some cases, deprives women of land previously farmed by them, or leaves them with inferior land. Since rural women feed their families from produce farmed by themselves, nutritional deficiency may result as family food availability declines as income from cash crops accrues to men (Kennedy, 1986). Those who cannot grow enough food spend most of their money on commodities for which prices rise daily. Those who do farm often sell part of the produce after harvest, which leads to insufficient food reserves. Then they must pay more later in buying back food they need. It should also be borne in mind that most of the commercially grown crops may be destined for export or sale to upper and middle class urban consumers.

The African domestic economy, based for so many years on self-sufficiency and cooperation between man and wives, rested on a distinction between inedible cash crops such as cotton, coffee or tea, and the subsistence food responsibility of women (FAO, 1985A). Today a woman's sack of maize/millet may be appropriated and "spent" on school fees or some other "good"purpose. This use of the basic food supply plays havoc with husband/wife relationships and the domestic economy where food has symbolic importance as well as being central of survival.

Structural adjustment programs have adversely affected women by reducing subsidies on food and other basic goods causing prices to rise and at the same time reducing social services such as basic health care. The effects have been catastrophic in increasing the hours women need to work to earn sufficient money to survive, thereby lessening the amount of subsistence food they can produce. Essentially there is a significant reduction of resources available to women while there are additional demands on them as producers. Increased food prices result in increased malnutrition. When food is scarce, the nutritionally more vulnerable groups such as children, pregnant and lactating mothers, and the elderly are at risk. When programmes reduce income and cause staple food prices to rise, food consumption of poor households falls more sharply than that of rich households. The rise in food prices has negative effects on dietary patterns perhaps most markedly in poor households (Maxwell, 1992). The shift is to less balanced diets as well as to less food. In the case where some poor households are also producers of food staples, the cutbacks in consumption would be smaller (FAO, 1985B).

Today, as a result of modernization and monetization of many goods and services, money has increased in importance in the everyday life of women in Kenya. They are responsible for securing funds to buy things such as sugar and kitchen utensils and to meet other household needs. On the other hand, women's access and control over cash is limited even for the products of their own labor as husbands by tradition control the cash. Cash income is needed to meet increased needs for household goods which they no longer produce themselves, as well as new consumer goods such as radios or trendy clothing. Non-food items are competing intensively with food in household expenditure patterns.

Since food produced in excess of subsistence needs tends to be sold for cash rather than consumed by the family, this leads to less variety in the diet. Abandonment of multiple/mixed cropping introduces dietary monotony and increases nutritional risk, especially in the event of crop failure. Income for cash crops comes irregularly and is controlled by men. When women control cash, more of it is spent on food.

Studies on the influence of gender and income on food security often seem to conflict (Kennedy & Peters, 1992). While many female headed households are poorer than the male headed counterparts, there is often the impression that household food security and the nutritional status of individual members is significantly better in households headed by women (Kennedy & Peters, 1992). This ambiguity is due to two factors. First, many studies fail to control for household income and second, studies have treated female headed households as a homogeneous group, drawing comparisons to male headed households.

A number of studies have found that women tend to spend a greater proportion of their incomes on food compared to men. On the other hand, women's access to independent incomes and control over cash are limited. Often in Kenya even married women with permanent jobs such as teachers or nurses are not allowed to control their own salaries. Any major household income is regarded as the domain of men, and as a rule a husband assumes the right to control his wife's income. This control is less evident in middle/upper socioeconomic groups, but when money is in short supply, male control over income tends to increase. It is probable that more money would be spent on food if income were continuous and regular as opposed to a lump sum income.

Although in all societies, the poor suffer the most, malnutrition is more than a problem of poverty (Prehm, 1991A). Even when a household has a seemingly adequate food supply, some members may still be malnourished since food entitlement within a household is affected by family size, intrahousehold food sharing, food preparation, and child rearing practices. Vulnerable groups such as the children, young girls, and expectant/lactating mothers are likely victims of these practices, because their special needs are not always recognized in the community or because they do not have the requisite influence within the existing network of social relationships or both. Meat, alcohol, and food of

high status go to the father and men in large portions. It is believed they work harder and therefore need the best/more food.

Time

Women have varying degrees of control over the allocation of their time. One of the factors influencing their range of choice is traditional limits over activities of women. Time allocation patterns change with changing economic patterns. Available evidence suggests that on the average, Kenyan women spend 13-14 hours per day working in the traditional sector. Two thirds of that time is spent fetching water and fuel. Labor market employed women in urban areas work for eight hours per day, six days per week.

Women's work and time are important links between food and consumption. Increasingly, evidence suggests that women adjust the number of meals or the kind of food provided to family based on workload (Prehm, 1991B). These labor demands on women's time lead to changes in cooking habits and the preparation of less nutritious and fewer meals. There is also less time devoted to breast feeding and child care (Kennedy, 1986). This means that the care and feeding of children are more likely to be left in the hands of less experienced family members or household workers as in the cases above.

Increasing labor demand raises the energy demands for some members of the family, which means more food is required to meet the demands. Where these demands are on women and by tradition they deny themselves an adequate diet, their nutritional health is compromised. The most prevalent nutritional problem is anaemia (Merchant & Kurtz, 1992). When the woman lives in an area with probable parasitic infestations, this situation is made even worse. Another consequence of this energy/nutrient deficit is fatigue and stress which are becoming problems for women. The stress factor has largely been overlooked in research on women in developing countries.

Related Demands: Fuel and Water

Women's lack of fuel and time results in them relying on easy-to-prepare or ready-made foods which are more expensive and yet less nutritious. Shortages of fuel, either gas, wood, or charcoal reflect rising costs and increasing demands from a growing population. About half of the energy used in rural areas may be for cooking alone and nearly 100% of households in Kenya have been identified as using wood as fuel to meet their energy needs. With increased deforestation, women have had to walk further and longer to get enough fuel or even resort to use of scarce cash to buy it. This has meant that sometimes only one meal a day is prepared, instead of three. In cases where nutritious beans/pulses were eaten, these are now being replaced with less nutritious alternatives which take less time to cook. Households are now consuming ugali-based meals which use less fuel than a maize and beans diet. White bread replaces chapatti/pancakes not because the people want to be modern, but because it is difficult to prepare a traditional meal under the conditions of their existence.

Nine tenths of rural women in Kenya are more than two kilometers from a source of water. Providing water is their responsibility and they are the principal users and managers of household water. They may have to make several trips to fetch enough water for cooking and other household uses.

Urban/Rural Differences

In contrast to rural inhabitants who may have an option to grow some of their food, the rest of the population is almost entirely reliant on food supplies distributed through international, national, or local markets. Particularly in urban areas, there is a direct correlation between household resources and the amount and variety of food consumed on a daily basis. This includes variation in number of meals per day, seasonal differences in food intake, type and quality of grain, and amount of vegetables and meat consumed (Berg, 1987). Where foods are largely purchased, great differences in diet are apparent. Diet is a significant indicator of economic status, as it is an obvious source of differentiation within various socioeconomic groups.

In urban slums the most overwhelming task of women is provision of daily food (Murray, 1991). In slums all staples must be bought, begged, or stolen. The main source of food is the market, where nothing is given free, no matter how great one's hunger. The result is a deep sense of insecurity for the entire family. They cannot reach a market area without using public transport, an investment too high in relation to how much they have to spend. They are at the mercy of small shop owners and street vendors offering a limited range and quality of food at high prices.

Purchases are made in minute quantities, as the day's earnings are low and are soon gone on that day's expenses and are enough to buy only the lowest qualities of food. Lack of storage space or cooling facilities makes purchases in regular quantities and normal prices impossible, even when a larger amount of money is made. The price the urban poor pays for food is much higher than that paid by middle/upper class shoppers at central shopping centres. They get less for their money than do other socioeconomic groups.

The ability of rural people to feed and support themselves depends not only on access to land, but also on claims to the products of their labor. The cash resources of the urban household will determine food intake and the monthly food bill. A rural household may have a lower income, but that income may not be an effective determinant of food intake (See Case II above).

There is an obvious connection between urban and rural food production and availability. The urban area food base is slowly narrowing, since most immigrants are from diverse rural areas and with equally diverse basic food staples and preferences. New habits, not necessarily positive, become the norm. This shift has been due to the rate of urbanization rather than changes in taste and income. Increased availability of cereals and inadequate transport and market infrastructure for roots and tubers underlie this dietary shift rather than the inferior status of these foods as is sometimes suggested (Kennedy, 1986). These crops are bulky and spoil easily during storage. This means a substitution of cheap nutrients for expensive ones and at the same time foregoing desirable food attributes.

Regardless of location, children present a special case as their food preparation requires extra care and attention and they need to be fed more often. In rural areas, women's productive activities are not likely to interfere with breast feeding of children who are usually weaned after two years, but in urban areas it does. The total income in most of Kenya is so low that to bottle-feed a child adequately would take a

third of the average salary of approximately Ksh 2000. Three packets of milk for seven days for four weeks would require Ksh 600 to be invested to buying an adequate supply of milk. The cost of bottles and sterilizing liquid are not included in this calculation.

Social Relations and Food as Power

As noted above, family food consumption was traditionally differentiated along lines of age and gender. Since food reflected and symbolized social relations as well as social status, it also carried its own special values. Today's consumption patterns are determined by supplies available to the locality and the resources of individual households. The subject of household and domestic economics is one of the less visible areas of society.

Food is a central part of many family occasions and is important to the social reproduction of the family in both nuclear and extended families. Food practices help maintain and reinforce a coherent ideology of the family throughout the social structure. In Kenya meals can be seen as symbolizing the important social relations of power and subordinaton that exist within the family. They function as a means of maintaining and reproducing a specific aspect of social order and the family, age, and the gender divisions that characterize it.

Food is important to family ideology and in terms of this ideology, an important aspect of women's role within the family is to provide proper family meals for men and children. The woman cooks a more complete meal if the husband is at home, otherwise she may resort to snack type foods from which the children can choose. The main meal is a means of instilling into the children the authority of the father in the household. Their eating habits have to conform to what is appropriate to him as head of household. In his absence, rules may be relaxed and food conforms to children's preferences. When the husband is eating at home, it is also deemed necessary for a wife to have prepared a meal for it to be considered proper, even if household help is available. This preparation of the meal represents and reinforces the division of labor and in particular reinforces power relations within the family. The dominance of fathers is recreated daily. Mother's own choices are subordinated, first by her partner, then by her children.

It is part of Kenyan family ideology that a woman's place is in the home, while a man's task is to earn money to feed and sustain his family. The power enjoyed by men results from, or is at least reinforced by, their participation in paid employment outside home. Women working in the traditional sphere or giving up paid work outside the home, relinquish the power and status it confers upon them and the power differential between the sexes is increased. Having responsibility of day-to-day decisions about what food to purchase or how much food to buy does not mean that women enjoy power or that they control the food their families eat. They exercise this limited power in other peoples' interest, above all in the interests of their partners. Although women may have day-to-day responsibility to provide food for the family, they cook to please them. They decide what to buy in light of men's preferences. They have the burden of producing, shopping, and cooking food, but most of them carry out these tasks within a set of social relations that denies them power, particularly when they are at home all day with children and are dependant for financial support from a man. Men decide the amount of money available for food expenditure and the wives have to work within that set amount of money.

There is an emotional investment made by women in food and its implications for family eating are reflected in the way men's preferences are prioritized and women's own preferences neglected. "It doesn't matter to me, I can eat anything", may be a woman's response. Food is seen as playing an important role in maintaining the couple's relationship, in expressing affection, and in ensuring that men remained happy and contented with their wives. Women gain pleasure in preparing food that is enjoyed. In most societies women have always had the responsibility for preparing food and giving it to others. The predominant role of women in feeding is not only universal, it is a major component of female identity and an important source of female connections to and influence over others (Charles & Kerr, 1988). Hence, though there are other sources of their authority, the power of a woman is the power of food. This power is through influence. It accrues not through force or ability to deny, but through giving, and the obligations created in that process. With their limited resources and diminishing control over food, the power and source of identity is disappearing.

Education and Knowledge

Education levels of women in Kenya vary from region to region, but data indicate 62% of women are illiterate. Consumer and nutrition education are very important especially to a population with limited resources; however, the means for disseminating information must acknowledge the educational level of the learners. Further, there must be awareness of the degree to which women can critically assess the information which is provided.

The only form of consumer education available in most southern nations is advertising. The people are enticed into spending a lot of money on imported and processed foods at the expense of staples.

Nutritional labelling is minimal, and in any case most of the women cannot read. Intensive advertising convinces families they must buy less nutritious products to keep their children well and happy. Soft drinks are preferred to milk even at the same price. A woman may reject a nutritionally superior food such as porridge in favor of an inferior one like tea, as the latter is supposed to add to her 'prestige' within her family and neighborhood circles. The abandonment of more nutritious home-grown foods can also be explained in these terms. The same situation is reflected in the move from breast feeding to bottle feeding. Neglect and subsequent loss of traditional knowledge, while at the same time becoming ill equipped to use effectively modern knowledge, is becoming an issue for women.

Pressed by lack of time and induced by advertising, facing the issue of perceived social prestige, foods such as white bread and sugar are bought and paid for dearly without satisfying the nutritional needs of the family. Therefore, simply increasing the income of women is not a sufficient answer to improve household nutrition.

Summary

Women have a central role in such food chain activities as the selection, preparation, and distribution of food within the household. These are private and important contributions to individual and family well-being, but since they are expected as a part of women's gender roles, they do not

contribute to women's status even when effectively done. As a result of the hidden nature of these activities, there is little family or state investment to improve women's personal health and nutrition — except in their role as mothers, to the provision of support services for women, or to the development or acquisition of drudgery-reducing technologies. And yet, women are expected to provide social services for others within the community and to participate in economic development programs and market opportunities. All of these activities require time, energy, and funds which are in short supply and to divert them to such initiatives occurs at the expense of the women's health and that of their families. □

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ANNONCE

En vue de célébrer l'Année internationale de la famille, la Revue canadienne d'économie familiale souhaite recevoir des articles qui pourraient entrer dans une section spéciale sur ce thème des numéros de 1994.

Thème	Numéro	Date limite
Familles: La scène canadienne	Hiver 1994	15 septembre 1993
Familles: Rôles et réalités	Printemps 1994	15 décembre 1993
Familles: La scène internationale	Été 1994	1er mars 1994
Familles: D'hier à aujourd'hui	Automne 1994	15 juin 1994

Des attitudes à développer pour retrouver le plaisir d'enseigner

Agathe Gagné Collard

Résumé

L'efficacité dans l'enseignement est souvent reliée aux comportements et aux attitudes de l'enseignant. Cet article met en lumière les principes et les démarches de certains pédagogues et psychopédagogues dans le but de rehausser la satisfaction personnelle. Ce texte démontre comment certaines attitudes peuvent aider les enseignants à améliorer leurs stratégies éducatives et à redécouvrir le plaisir d'enseigner.

Abstract

Effectiveness in teaching is often related to attitudes and behaviors on the part of the teacher. This article highlights the principles and steps undertaken by pedagogists and psychopedagogists in order to enhance personal satisfaction. Specific attitudes are identified and can help teachers renew their teaching strategies and rediscover the joys of teaching.

Plusieurs enseignants s'interrogent sur ce qui reste des heures nombreuses passées à donner un enseignement et une formation à leurs élèves. Comment peuvent-ils vérifier ce qui a permis à certains de leurs élèves d'accéder, de façon durable, à un palier supérieur?

Dans son livre « le Maître éveilleur » Auguste Berset (1978) cite que l'évolution intellectuelle, psychologique et affective d'un individu peut être occasionnée par des agents extérieurs (p. 27). Or, l'enseignement peut être l'un de ces agents extérieurs. Dans l'acte pédagogique, l'enseignant vit une relation interpersonnelle privilégiée. Par son approche, son attitude, ses qualités, ses forces intérieures, il est bien placé pour favoriser l'essor de l'élève, lui donner confiance en lui-même et l'amener à découvrir ses aptitudes et ses talents. L'enseignant devient donc l'agent extérieur de socialisation et d'humanisation, dépassant le cadre purement pédagogique, qui peut marquer l'avenir de l'élève.

Mais quelles sont les attitudes que doit développer l'enseignant pour atteindre l'excellence et devenir l'agent extérieur de socialisation et d'humanisation proposé par Berset?

Pour atteindre l'excellence, nous dit Rogers, la relation pédagogique doit faciliter l'apprentissage et le changement. Mais quelles attitudes observe-t-on chez l'enseignant efficace? Selon Roueche et Baker (1986) « If we know what the characteristics are, we can recognize an effective teacher » (p. 87).

Dans cet article, nous réfléchirons sur quatre attitudes, traitées par différents auteurs et qui semblent indispensables à tout enseignant qui désire atteindre l'efficacité. Ce sont l'authenticité et la congruence, la considération et la confiance, la compréhension empathique, et la recherche de l'identité.

Authenticité et congruence

L'authenticité et la congruence sont des qualités primordiales et fondamentales pour Berset (1978) dans les relations enseignant et élèves (p. 49). « Quand sont présentes des attitudes d'authenticité, de respect pour l'individu, de compréhension pour le monde intérieur de l'élève, ajoute ce même auteur, des choses extraordinaires se passent » (p. 69).

Être authentique et congruent, c'est être soi-même, sans artifice, certain et vrai, exact et précis dans tous les énoncés. Être soi-même, affirme Rogers, c'est être personnel et humain en classe, c'est éprouver le plaisir d'être cette personne dont l'élève se sent proche. C'est aussi avoir cette probité intellectuelle d'accepter son ignorance ou son erreur, ce qui a pour effet non pas de diminuer l'estime de l'élève mais, bien au contraire, d'être une source de force et d'influence positive.

Considération et confiance

Avoir de la considération pour ses élèves, c'est être attentif à leur égard et les accepter tels qu'ils sont. « Croire en l'homme, avoir foi dans son orientation positive fondamentale sont des attitudes, nous dit Berset (1978), qui ont des résultats profonds et durables, particulièrement dans la relation pédagogique » (p. 93). De plus, une aide en dehors des heures de classe, selon Brophy et Evertson (1976), démontre la considération et la confiance qu'a l'enseignant pour ses élèves et favorise

Agathe Gagné Collard est directrice des programmes de consommation et d'économie familiale et professeure au Département de nutrition humaine et de consommation, Université Laval, Québec. Elle est détentrice d'un baccalauréat en enseignement avec majeure en économie familiale, Université Laval, 1985; d'un certificat en sciences de la consommation, Université Laval, 1987; maîtrise en psychopédagogie, Université Laval, 1991; et des études de doctorat en ethnologie en cours, Université Laval.

les rapports entre eux. « And it seems reasonable to assume that a teacher (effective) who is available before and after class or during office hours is more likely to have a good rapport with students, see them as individuals, and be perceived as enthusiastic » (p. 94).

La confiance accordée par l'enseignant, nous disent Roueche et Baker (1986), provoque chez l'élève le désir d'assumer lui-même sa réussite. Une attitude d'encouragement à l'effort est aussi une preuve de considération et de confiance qui incite et stimule l'élève à travailler davantage pour atteindre le but visé. Cependant, relas nous disent ces mêmes auteurs, cet encouragement survient trop souvent lorsque l'élève a déjà atteint un palier supérieur.

Ces relations hors des heures de classe, nous rappelle Rutter, n'ont pas seulement une influence sur le succès scolaire mais aussi sur le succès de l'école.

Compréhension empathique

Cette qualité a préoccupé de nombreux auteurs qui ont traité ce sujet relatif à l'efficacité dans l'enseignement.

Pour Brophy et Evertson (1976), l'empathie signifie comprendre les élèves dans leur intériorité, les regarder avec leurs yeux et leurs valeurs, sans jugements ni préjugés, sans hostilité ni cynisme. De son côté, Berset (1978) déclare que « le maître empathique accorde tout d'abord une grande valeur au fait de s'attacher à comprendre les étudiants » p. 95) et rapporte certains faits qui démontrent l'évidence qu'un climat réellement empathique favorise l'apprentissage et la croissance de la personne. Rejoindre l'élève à un niveau plus profond, dit-il, c'est mieux le comprendre, l'aimer et le guider.

L'empathie, déclarent Roueche et Baker (1986), est cette attitude à comprendre la réalité dans une autre perspective; c'est aussi cette qualité d'être attentif et d'accepter les pensées et les « sentiments » des élèves. Dans le même volume, ces auteurs rapportent une citation de Harold Piat « ... to me, to be a teacher is to be empathetic... When I can no longer show empathy with my students, then I will know it is time to retire » (p. 112). Cette sévérité de Piat démontre bien l'importance qu'accorde l'auteur à cette attitude; de là la nécessité qu'on les enseignants de la mettre en pratique.

Recherche de l'identité

Pour l'enseignant, rechercher l'identité de ses élèves, c'est reconnaître chaque élève comme une entité propre avec son caractère et sa personnalité.

Dans le développement de l'habileté cognitive, les recherches de Roueche et Baker (186) démontrent que les enseignants efficaces déploient des efforts pour percevoir l'identité des élèves. Ils doivent diagnostiquer les besoins et les styles d'apprentissage de leurs élèves. Cependant, la réalité veut que l'élève soit un être en évolution constante et que, par le fait même, son identité change. Une telle préoccupation s'inscrit dans la liste des comportements que doit adopter l'enseignant lors de la planification de ses activités d'enseignement. « La croissance et l'apprentissage, déclare Berset (1978), ne sont authentiques que s'ils font appel aux potentialités présentes dans la personne » (p. 106).

Dans l'évaluation des activités d'apprentissage, l'enseignant doit tenir compte de l'identité de l'apprenant, de sa capacité d'apprendre, de son expression personnelle (laquelle peut apporter des subtilités et des nuances valorisantes) de même que des erreurs qu'ils peut commettre, car l'erreur est humaine. L'enseignant efficace doit éviter de stéréotyper ses élèves, mais plutôt reconnaître l'effort et les résultats moyens des uns aussi bien que les performances supérieures des autres.

Conclusion

Selon Sherman et al. (1987, l'excellence dans l'enseignement est l'habileté pour un enseignant d'adapter ses comportements et ses techniques aux capacités des élèves. L'enthousiasme, la clarté de ses présentations, l'organisation de ses leçons, la stimulation de ses élèves, l'amour et la passion de sa profession, sa croissance personnelle en plus des attitudes décrites précédemment sont autant de caractéristiques propres à l'enseignant efficace qui vise le succès de ses élèves et sa montée vers l'excellence. □

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Nutrition Knowledge and Milk and Milk Product Consumption in a Group of Women[1]

Lisa Forster-Coull and Jean Henderson Sabry

Abstract

The purpose was to examine the relationship between nutrition knowledge and consumption of milk and milk products by women. Data were collected from 457 female office employees by means of a self-completed questionnaire. Nutrition knowledge related to milk and milk products was measured by a 15-item true-false test. Milk and milk product consumption (excluding butter) was measured on a food frequency grid and expressed as milk-equivalent servings/day. Preference for milk was measured on a hedonic scale. On the nutrition knowledge test older women (50 to 65 years) achieved higher scores than younger women (18 to 34 years and 35 to 49 years) and women with some university or who had completed university achieved higher scores than women with community/technical college or secondary school education. Level of nutrition knowledge was not associated with milk and milk product consumption for the group as a whole or within four preference-for-milk sub-groups (strongly like, like, neutral, dislike). Nutrition educators are challenged to motivate consumers to apply their nutrition knowledge in healthful food selection.

Résumé

Le but était d'examiner la relation entre les connaissances qu'ont les femmes de la nutrition en général et leur consommation du lait et des produits laitiers. Les données ont été reçueillies auprès de 457 employées de bureau, à partir d'un questionnaire qu'elles devaient remplir elles-mêmes. Un test de quinze questions « vrai ou faux » ont permis de mesurer leurs connaissances en nutrition reliées au lait et aux produits laitiers. La consommation du lait et des produits laitiers (à l'exclusion du beurre) a été mesurée au moyen d'une grille de fréquence et exprimée en portions quotidiennes de lait ou d'équivalent de lait. La préférence à l'égard du lait a été mesurée à l'aide d'une échelle hédonique. Pour ce qui est du test de connaissances sur la nutrition, les femmes plus âgées (de 50 à 65 ans) ont obtenu des résultats plus élevés que les femmes plus jeunes (de 18 à 34 ans et de 35 à 49 ans). Les femmes qui ont suivi des études universitaires ou qui possèdent un diplôme universitaire ont obtenu des notes plus élevées que les femmes ayant un diplôme d'études collégiales ou techniques ou un diplômes d'études secondaires. Le niveau de connaissances sur la nutrition n'a pas été associé à celui de la consommation de lait ou de produits laitiers pour le groupe dans son ensemble ou à l'intérieur des quatre sous-groupes de préférence pour le lait (aime beaucoup, aime, aime modérément, n'aime pas). Les éducateurs en nutrition devront donc inciter les consommateurs à appliquer leurs connaissances en nutrition au moment où ils choisiront des aliments sains.

Milk and milk products such as cheese and yoghurt are the primary source of calcium in the diets of Canadian women. Many adult women consume only small amounts of these foods, however, and therefore have diets with less than the recommended amount of calcium (Bureau of Nutritional Sciences, 1977; Forster-Coull & Sabry, 1986; Scythes, Gibson, & Draper, 1982). Calcium is a major constituent of bone and level of calcium intake has been implicated in the etiology of osteoporosis (Arnaud & Sanchez, 1990; Holbrook, Barrett-Connor, & Wingard, 1988).

It may be postulated that understanding the nutritional value of milk and milk products, particularly as an important source of calcium necessary for bone health, would lead women to include these foods in their diets. The literature provides conflicting evidence for this postulation. Sims (1978) demonstrated a positive correlation between the general nutrition knowledge of lactating women and their dairy product consumption assessed by an index based on intakes of calcium and riboflavin. In contrast, however, Lewis, Sims, and Shannon (1989) found that general nutrition knowledge was not directly related to consumption of low fat/skim milk by middle-aged adults and college students.

The purpose of this research was to examine women's nutrition knowledge related to milk and milk products and to test the hypothesis that greater knowledge about the nutritional value of these foods is associated with greater consumption.

Methods

Information on nutrition knowledge was collected as part of a larger study

Lisa Forster-Coull, MSc, is Manager, Nutrition Branch, Ministry of Health, Province of British Columbia, Victoria, BC.

Jean Henderson Sabry, PhD, is Professor Emeritus, Division of Applied Human Nutrition, University of Guelph, Guelph, ON.

[1]Research was conducted at the University of Guelph, Guelph, Ontario, 1985. It was supported, in part, by the B.C. Dairy Foundation, Burnaby, British Columbia.

of factors influencing milk and milk product consumption by women. The procedures, including questionnaire administration, measurement of milk and milk product consumption, and assessment of preference for milk and milk products, have been described previously (Forster-Coull & Sabry, 1986) and are repeated only briefly here.

The study used a self-administered questionnaire distributed at the place of employment to all female employees (N=780) at two government offices in Victoria, British Columbia. Anonymously completed questionnaires were returned within three weeks to collection boxes located in each office building.

Knowledge of the nutritional value of milk and milk products was measured by a true-false test. The test included a "don't know" response category to minimize guessing and achieve a truer estimate of respondent knowledge (Gronlund, 1982). Each correct response received a score of one; incorrect and don't know responses were scored zero.

The test was developed to examine knowledge in four concept areas: (1) Canada's Food Guide recommended intake of milk and milk products; (2) misconceptions about dairy products; (3) the nutrient content of dairy foods compared to other foods; and (4) osteoporosis and its relationship to calcium intake. The original test contained 20 questions, five in each concept area. Content validity was examined by submitting the questions for comment to a panel of 12 nutritionists. The test was pre-tested with 18 female office employees. Revisions were made in response to the comments from the validation panel and examination of the difficulty and discrimination indices of item responses on the pre-test. The final test contained 15 items.

Construct validity of the final test was examined by a comparison of test scores of university students who had completed different numbers of courses in nutrition and were therefore presumed to have different levels of nutrition knowledge. Mean scores of students with no (n=21), one (n=32), and two or more (24) university courses in nutrition were 6.4 ± 2.2, 9.1 ± 2.7, and 11.3 ± 1.4 respectively, and the differences were statistically significant (*t*-test, $p < 0.05$). Thus test scores increased with presumed level of nutrition knowledge.

For the study participants, test reliability (repeatability) was assessed by Cronbach's alpha coefficient (Cronbach, 1951), and indices of item difficulty and discrimination were calculated according to Gronlund (1982).

The frequency of consumption of milk and milk products was measured on a response grid adapted from a format used by Baghurst and Baghurst (1981). One milk serving was defined as 250 ml containing 300 mg calcium. Consumption of milk in various forms (e.g., by the glass, in soup, in milk desserts) and milk products (cheese, yoghurt, ice cream) was converted to milk-equivalent servings based on relative calcium content. A description of the response grid, factors for conversion to milk-equivalent servings, and validation of the food frequency procedure may be found in our earlier paper (Forster-Coull & Sabry, 1986).

Because it was found that there were significant differences in milk and milk product consumption among women in this study categorized by their preference for milk (that is, degree of like or dislike) (Forster-Coull & Sabry, 1986), the relationship between nutrition knowledge and milk and milk product consumption was examined not only for the sample as a whole but also within four preference categories (strongly like, like, neutral, and dislike). Preference for milk was measured on a five-point hedonic scale with categories labelled strongly like, like, neutral, dislike, and strongly dislike. Due to the small number of respondents in the last two categories, preference ratings of dislike and strongly dislike were combined into one category for data analysis.

The questionnaire also sought information on respondent's age, highest level of education, and occupation category.

Data were analyzed using programs available in SPSSx (SPSS Inc., 1983). *Chi-square* analysis (Mendenhall & Reinmuth, 1982) was used to test the relationship between nutrition knowledge test scores and the variables of age, education, occupation category, and milk and milk product consumption (milk equivalent servings/day). In the *chi-square* analysis variable categories were combined when necessary

Table 1. Distribution of Respondents by Age, Education, Occupation, Nutrition Knowledge, Preference for Milk, and Consumption of Milk and Milk Products[1]

Characteristic	Percent Number	(N = 457)
Age (mean = 36 ± 10 years):		
18–34 years	243	53
35–49 years	151	33
50–65 years	63	14
Education level:		
secondary school or less	191	42
community /technical college	147	32
some or completed university	119	26
Occupation:		
clerical	378	83
professional	74	17
Nutrition knowledge test scores: (mean score = 7.5 ± 3.0):		
0–4	76	17
5–10	300	66
11–15	81	18
Preference rating for milk:		
strongly like	168	37
like	164	36
neutral	76	17
dislike and strongly dislike	49	11
Consumption, milk equivalent servings/day (mean = 1.7 ± 1.3):		
0–0.5	87	19
0.6–1.0	83	18
1.1–2.0	126	28
2.1–3.0	79	17
3.1 or more	82	18

[1]Some of these data have been previously reported (Forster-Coull and Sabry, 1986).

Table 2. Nutrition Knowledge Test Items and Responses

Test Items	Percentage of Respondents (N = 457) Correct	Incorrect	Don't Know
Canada's Food Guide suggests women should have two servings of milk and milk products every day. (T)	66	11	21
Eggs are a good source of calcium. (F)	44	27	29
Coffee whiteners contain calcium. (F)	67	2	20
Drinking milk aggravates a cold. (F)	44	36	20
Eating cheese at meal end aids digestion.(F)	32	14	54
Boiled milk is constipating. (F)	31	22	47
Heating destroys the calcium in milk. (F)	35	16	49
Active women need more calcium than inactive women. (F)	47	25	28
Cup for cup, skim milk and homo milk contain about the same amount of cholesterol. (F)	75	7	16
Cup for cup, skim milk and homo milk contain about the same amount of calcium. (T)	64	14	22
Cup for cup, orange juice and 2% milk contain about the same amount of calories. (T)	34	21	45
Cup for cup, 2% milk and 2% yoghurt contain about the same amount of calories. (T)	34	24	42
Bone loss is an inevitable part of aging. (T)	40	33	27
Women are more likely to develop age-related osteoporosis than men. (T)	60	5	35
Low calcium intakes throughout life may lead to osteoporosis. (T)	71	2	27

to maintain cell numbers above five. Statistically significant relationships were further examined by ANOVA and Scheffe's test (Shavelson, 1981).

Results

Questionnaires were returned by 497 women, a response rate of 64%. Forty incomplete questionnaires were excluded, leaving 457 for analysis (59% of questionnaires distributed).

Distribution of respondents by age, occupation, education level, consumption of milk and milk products, and preference for milk has been reported (Forster-Coull & Sabry, 1986) and is shown in Table 1, along with the nutrition knowledge test scores, for the convenience of readers.

Respondents mean score on the nutrition knowledge test was 7.5 ± 3.0. Scores ranged from 0 to 15, and the median score was 8.0. Cronbach's alpha reliability coefficient, a measure of the internal consistency of test items, was 0.67. Item discrimination indices ranged from 0.41 to 0.79 and item difficulty indices from 0.33 to 0.70.

The percentage of correct, incorrect, and "don't know" responses to each item in the nutrition knowledge test is shown in Table 2. Test questions on Canada's Food Guide recommended servings of milk and milk products, the relative amounts of calcium and cholesterol in skim and homogenized milk, and the relationship between osteoporosis and lifetime low calcium intake were answered correctly by two-thirds or more of the respondents. By contrast one-third or fewer respondents correctly answered questions on the energy content of dairy foods and misconceptions about dairy products.

Statistically significant relationships were found between level of nutrition knowledge and age, education, and occupation category (Table 3). Analysis by ANOVA and Scheffe's test indicated that the nutrition knowledge test scores of women in the oldest age category were significantly higher ($p < 0.05$) than in the middle and youngest age categories which did not differ significantly from each other (respective means scores: 9.9 ± 2.6, 7.6 ± 3.0, and 6.9 ± 2.8). In regard to education level, respondents with some university or who had completed university had significantly higher ($p < 0.05$) knowledge scores than women with community college or post-secondary technical education and those with secondary education or less (respective mean scores 8.7 ± 3.1, 7.0 ± 3.0, and 7.1 ± 2.8).

No statistically significant relationships were found between nutrition knowledge level and milk and milk product consumption for the respondent group as a whole or within sub-groups categorized by degree of like or dislike for milk (see Table 3).

Discussion

Participation in this study was restricted to women employed in an urban setting. The age distribution of the respondents was similar to that of women between 18 and 65 years of age in the Canadian labor force (Statistics

Table 3. Relationship Between Nutrition Knowledge Test Scores and Other Variables

Variables	Chi-square	N	d.f.	*p*
Nutrition knowledge and:				
age	46.4	457	4	<0.01
education	18.1	457	4	<0.01
occupation	29.6	457	2	<0.01
milk and milk production consumption				
(a) all respondents	7.9	457	8	N.S.
(b) sub-groups				
strongly like milk	4.8	168	6	N.S.
like milk	2.6	164	4	N.S.
neutral	0.6	76	2	N.S.
dislike milk	1.1	49	1	N.S.

Table 2. Nutrition Knowledge Test Items and Responses

Test Items	Percentage of Respondents (N = 457) Correct	Incorrect	Don't Know
Canada's Food Guide suggests women should have two servings of milk and milk products every day. (T)	66	11	21
Eggs are a good source of calcium. (F)	44	27	29
Coffee whiteners contain calcium. (F)	67	2	20
Drinking milk aggravates a cold. (F)	44	36	20
Eating cheese at meal end aids digestion.(F)	32	14	54
Boiled milk is constipating. (F)	31	22	47
Heating destroys the calcium in milk. (F)	35	16	49
Active women need more calcium than inactive women. (F)	47	25	28
Cup for cup, skim milk and homo milk contain about the same amount of cholesterol. (F)	75	7	16
Cup for cup, skim milk and homo milk contain about the same amount of calcium. (T)	64	14	22
Cup for cup, orange juice and 2% milk contain about the same amount of calories. (T)	34	21	45
Cup for cup, 2% milk and 2% yoghurt contain about the same amount of calories. (T)	34	24	42
Bone loss is an inevitable part of aging. (T)	40	33	27
Women are more likely to develop age-related osteoporosis than men. (T)	60	5	35
Low calcium intakes throughout life may lead to osteoporosis. (T)	71	2	27

to maintain cell numbers above five. Statistically significant relationships were further examined by ANOVA and Scheffe's test (Shavelson, 1981).

Results

Questionnaires were returned by 497 women, a response rate of 64%. Forty incomplete questionnaires were excluded, leaving 457 for analysis (59% of questionnaires distributed).

Distribution of respondents by age, occupation, education level, consumption of milk and milk products, and preference for milk has been reported (Forster-Coull & Sabry, 1986) and is shown in Table 1, along with the nutrition knowledge test scores, for the convenience of readers.

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No statistically significant relationships were found between nutrition knowledge level and milk and milk product consumption for the respondent group as a whole or within subgroups categorized by degree of like or dislike for milk (see Table 3).

Discussion

Participation in this study was restricted to women employed in an urban setting. The age distribution of the respondents was similar to that of women between 18 and 65 years of age in the Canadian labor force (Statistics

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dislike milk	1.1	49	1	N.S.

Canada, 1985). In terms of education, compared to women in the Canadian labor force, a larger proportion of study respondents had post-secondary education. The characteristics of the study population must be kept in mind in interpretation of the study results.

The effectiveness of the nutrition knowledge test instrument is supported by the statistical data. The reliability coefficient, an indication of the extent to which similar results would be obtained if the test were repeated in the same group, is considered satisfactory for studies of this type (Nunnally, 1978). Reliability coefficients tend to be lower with greater variability in the group to which the test is applied (Ebel, 1972). The reliability coefficient for this test, 0.67, is within a range of values from 0.61 to 0.71 reported for other tests measuring nutrition knowledge of the general public (Rahn & Sabry, 1984; Sullivan & Schwartz, 1981; Yetley & Roderuck, 1980). The item discrimination index measures the ability to test items to discriminate between high and low scorers. All items on the test had good discriminating ability indicated by indices of 0.4 and higher (Ebel, 1972). The difficulty of test items is measured as the proportion of respondents answering an item correctly. Items of a moderate level of difficulty are favored, in other words, items with difficulty indices that are neither very high or very low (Ebel, 1972). The items in our test all fell within a range of 0.25 to 0.75, indicating medium difficulty.

Knowledge areas on which test performance was poor indicate potential areas for nutrition education. One such area is the energy content of milk and milk products, both the relative energy value of different types of milk and milk products, and in comparison to other foods. Weak knowledge in this area is important, given the prevalence among women of concern for weight control. Knowledge in the area of misconceptions related to milk and milk products was also low. Nutrition misconceptions, for example that drinking milk aggravates a cold, are disadvantageous if they restrict consumption of nutritious foods. A consideration which may be of interest to nutrition educators is the degree of uncertain nutrition knowledge evidenced by the fact that one-third of all test item responses were "don't know."

Knowledge concerning osteoporosis and its relationship to calcium intake was moderately strong. Bogan and DeWare (1992) have reported a high degree of awareness of osteoporosis among university women.

With respect to differences in nutrition knowledge among age categories, older women may be better informed than younger women about the nutritional value of milk and milk products because they feel more susceptible to osteoporosis and therefore are more attentive to information related to this topic. Results of other studies investigating the relationship between nutrition knowledge and age are not consistent. For example, knowledge of nutrition related to heart disease and general nutrition increased with age in businessmen (Woolcott, Kawash, & Sabry, 1981) but not in urban women (Rahn & Sabry, 1984).

The finding of greater nutrition knowledge among persons with university as compared to community college/technical or secondary school education is in agreement with studies which have demonstrated a positive association between nutrition knowledge and level of education (Rahn & Sabry, 1984; Sullivan & Schwartz, 1981; Woolcott et al., 1981).

The results of this study do not support the hypothesis that consumption of milk and milk products is related to knowledge about the nutritional value of milk and milk products. For the respondent group as a whole, failure to confirm such an association might have been attributed to the influence of like or dislike of milk, since, as previously reported, milk and milk product consumption in the study sample ranged from means of less than one milk-equivalent serving per day for the group who disliked milk to more than two servings per day for those who strongly liked milk (Forster-Coull & Sabry, 1986). No statistically significant association between nutrition knowledge and dairy product consumption was found among women with the same preference for milk. That is, even when the influence of preference on milk consumption was removed, greater nutrition knowledge related to dairy products was not associated with greater consumption of these foods.

The failure to find an association between nutrition knowledge and milk and milk product consumption is perplexing. Several possible explanations may be suggested.

It may be that in contrast to other factors which influence food choice, such as habit, preference, cost, and convenience, the effect of nutrition knowledge is relatively small and therefore difficult to demonstrate. Nutrition knowledge may be an influencing factor for certain women only, perhaps those with greater concern for health. Knowledge about the nutritional value of milk and milk products may have been insufficient to influence consumption. Sullivan and Schwartz (1981) attributed a lack of relationship between nutrition knowledge and practice on diet and cardiovascular disease to lack of knowledge and thus inability to apply knowledge to practice. Lewis et al. (1989) postulated that nutrition knowledge may have an indirect effect on milk consumption by influencing other factors such as attitude toward the importance of nutrition.

An understanding of nutrition has been regarded as the basis on which to build sound nutrition practices. The challenge to home economists engaged in nutrition education is to develop programs that enhance consumer nutrition knowledge and motivate application of that knowledge in healthful food selection. □

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If you are interested in reviewing a book, please contact the Book Review Editor, stating your area of interest. A complimentary book which may be kept will be sent to you for review.

Book Review Editor

Linda West
410 Stafford Dr. North
Lethbridge, Alberta
T1H 2A9

Bringing Feminism Home: Home Economics and the Hestian Connection by Patricia J. Thompson. (1992). Charlottetown, PE: Home Economics Publishing Collective, UPEI, 250 pages; $23.00 + $2.00 (S&H).

This book develops a bold and powerful new concept of the world and the role of home economics. Patricia Thompson, who describes herself as a committed home economist and feminist, has developed a compelling systems model which she offers as an alternative to the male/female worldview that prevails.

Her Hestian/Hermean paradigm, which finds its roots in Greek mythology, is based on social purposes rather than gender. The Hermean system is the public domain of state and government; it is characterized by patriarchal values, ethics of justice, an ideology of control, and extrinsic rewards. It's role is governance. In contrast, the Hestian system is the private domain of household and family, characterized by ethics of care, an ideology of connection, and intrinsic rewards. It's role is nurturance. Although Hestian qualities are usually considered typical of women, she emphasizes that there are both male and female Hestians, as there are both male and female Hermeans. Ideally, the Hestian and Hermean systems would exist in "creative equilibrium", each recognizing the unique and vital contribution of the other.

Throughout the book, she develops the theme that home economics is an expression of the Hestian system, "embracing all the activities that keep the human group safe, secure, protected and viable."

The first half of the book explains the model and is devoted to convincing feminists that they have erred in discrediting home economics. The second part applies the Hestian paradigm to feminism, ethics, science and technology, education, and peace and war.

This is a scholarly work that will be of interest to those wanting a detailed analysis of this new paradigm and its applications. For some, the impact of the model may be partially obscured by complex arguments developed to convince feminists of the merits of home economics. Those who simply want to read about the essence of this model might prefer Thompson's earlier book, *Home Economics and Feminism: The Hestian Synthesis.*

Patricia Thompson's Hestian/Hermean model provides an intellectual framework for what many home economists have intuitively known but been unable to articulate — that home economics views the world from a standpoint quite different from that of most decision-makers around us. Thompson gives us a language with which to speak about it. Her work is a must for all home economists to read.

Reviewed by:
Shirley Rebus PHEc, BSc(HEc)
Freelance Consultant and Writer
Calgary, Alberta

Family Policies and Family Well-being by Shirley L. Zimmerman. (1992). Newbury Park: Sage Publishing, 201 pages; $39.95 (hardback), $19.95 (paperback).

Shirley Zimmerman has continued her work in the family policy area by conducting a study on the relationships between political culture, family policies, and individual and family well-being. The book will be most useful for readers interested in the connection between government and its family policies and programs. Part one is introductory and provides an excellent, straight-forward conceptual overview of family policy, well-being, and political culture. Part two consists of detailed empirical studies that can be difficult to read, especially if the reader is not interested in or familiar with research methodology. Although part two is quite complicated, part three provides a summary of the studies and their implications in again, a very straight-forward and comprehensible manner. Zimmerman's conclusions are that a state's political culture influences the amount and type of family policies it has, and in turn, influences the well-being of its individuals and families.

Zimmerman makes the book appealing by including a glossary of terms and numerous tables, using current examples, providing relevant exercises, writing the book in the first person, and explaining how the book can be used to understand the political culture of one's own community. A disadvantage for Canadian readers is the book's American content which does not coincide with the structure or philosophy of our Canadian government.

By adding the concept of political culture, Zimmerman takes a new and ambitious approach to family policies. She has delved into an area that has enormous implications for government and the choices it makes regarding its program and policies for families.

Reviewed by:
Maria Mayan, PhD Student in Family Studies
University of Alberta
Edmonton, Alberta

A Century of Canadian Home Cooking 1900 through the '90s by Carol Ferguson and Margaret Fraser. (1992). Scarborough, ON: Prentice Hall Canada, Inc., 254 pages. $39.95.

Carol Ferguson and Margaret Fraser are two well-known Canadian food writers whose work is best known through Canadian Living Magazine. Their latest book, *"A Century of Canadian Living"* is a coffee table/cum recipe book, covering our twentieth century culinary history. According to the authors, "food, especially home cooking, is a direct reflection of social and cultural history of regional and family ties and our collective identity as Canadians".

The introduction covers a brief history of each region of Canada including the aboriginal people and the north. The book then covers the decades chronicling history headlines and major influences. Pictures and information make the reading enjoyable, but for a cookbook buff the best section is the cookbook sampler of each decade. Samples of recipes are given with sidebars of information and variations on each recipe.

A bibliography lists most of the important and popular cookbooks published in Canada in each decade. There is also a sampling of local community church books as well as government and food company booklets. The recipe index indicates complete recipes as well as recipe references.

I recommend this book to any cookbook collector. It's large size and glossy pictures make it more enjoyable to read than actually use, but everyone will enjoy the Canadian food trivia.

Reviewed by:

Linda West, PHEc
Home Economist
Canadian Western Natural Gas Company Limited
Lethbridge, Alberta

Dual-Earner Families: International Perspectives edited by Suzan Lewis, Dafna Izraeli, and Helen Hootsmans. (1992). London: Sage Publications; 230 pages; $55.00.

The massive growth of dual-career families across the world has brought with it economic independence for women as well as new tensions for both the family and the workplace. To this point, dual-career family research has primarily focussed on the North American family. This has inhibited the generalizability of information to other parts of the world. In this book, *Dual-Earner Families: International Perspectives*, authors and researchers from around the world have combined their interpretations of the work-family interface and its relationship to their own cultural experience.

In general, this book investigates the changing gender and family roles that have been necessary to balance work and family within the fabrics of different nationalities. Israel, India, Singapore, Sweden, Hungry, Britain, The United States, Japan, and Holland comprise the countries that are represented. Although these countries differ with respect to their stage of industrialization, political and religious ideologies, and economic conditions, a common theme of gender role inequality can be identified throughout. In addition, differences can also be identified in the way gender divisions are embedded in the social institutions, in the values that are assigned to work and family lives in general, and also in the country's receptiveness toward change.

This book would be appealing for those interested in work-family issues, as well as those interested in international socio-cultural differences. Because each chapter is written by a different author and because empirical research is referred to occasionally, this book seems suitable for the senior undergraduate or graduate level reader.

Reviewed by:
Lana Burnstad, MSc student
University of Alberta
Edmonton, Alberta

Human Ecology: Issues in the North by Rick Riewe and Jill Oakes, Editors. (1992). Edmonton, AB: Co-published by the Canadian Circumpolar Institute and the Faculty of Home Economics, University of Alberta, 135 pages; Paperback $15.00 + $2.50 (S&H).

This book is a collection of 11 papers which were presented at the *Human Ecology: Issues in the North* lecture series held at the University of Alberta, winter session 1991. Chosen because of the depth of their personal and professional experience and commitment to the North, the presenters included native leaders and practitioners, an artist, anthropologist, government officials, home economists, lawyers, a medical researcher, sociologists, and a zoologist. The paper presented by Martha Greig, the 1991 CHEA Distinguished Visiting Lecturer sponsored by the Canadian Soft Drink Association, is included.

While the papers reflect the different perspectives of the presenters, they all share a common concern for current issues of Northern families. Topics include: 1) traditional native nutrition and its role in the contemporary North; 2) native spirituality; 3) avenues of delivering complex health issues in the North; 4) social problems with emphasis on child sexual abuse and proposed means of dealing with these problems in the communities and the courts; 5) a critical approach to family life education; 6) history of Northern housing; 7) Inuit bird-skin clothing production; and 8) environmental and social impacts of industrial growth in the Soviet Union and the ultimate effects this will have on the circumpolar regions. The papers contain helpful tables, charts, and photos. Of special note are the comprehensive and current reference lists.

The purpose of this publication is to educate and to increase awareness of current Northern issues for students and practicing professionals. Co-edited by Jill Oakes, Chair CHEA Native and Northern Issues Committee, this book is recommended reading for all CHEA members and a must for all professionals who work with Northern or Native families. A suitable reference book for each CHEA Branch.

Reviewed by:
Barbara A. Cousens, BHE, MA, PHEc
Consultant
Westbank, BC

Editor's note: This book can be obtained by sending $15.00 to Canadian Circumpolar Institute, University of Alberta, Edmonton, AB, T6G 2E9.

Abstracts of Current Literature

Clothing and Textiles

Thermal transmittance and air permeability of plain weave fabrics.

Epps, H.H., and Song, M.K. (1992)
Clothing and Textiles Research Journal, 11(1), 10-17.

Previous research has examined the effect of yarn and fabric structure on the fabric properties of heat transfer and air flow. None of these studies included thermal transmittance measurements nor combined it with air permeability measures. This study examined three fabrics constructed of 100% polyester plain weave, no finishes, no weave variations, and considered to be mid-weight apparel fabrics. Two fabrics were constructed of staple yarns and one of filament yarns. Fabric and yarn characteristics were determined by ASTM standard procedures.

Thermal transmittance was measured according to ASTM D1518-85. Air permeability was measured according to ASTM D737-75.

The results of a one-way ANOVA indicated significant differences in thermal transmittance when fabric was the independent variable. Furthermore, fabric variables were found to be significant in a one-way ANOVA with air permeability as dependent variable. The authors conclude that the interaction of yarn and fabric characteristics control the geometry of inter- and intra-yarn air space which influences both thermal transmittance and air permeability.

Critical characteristics of fabric quality.

Griffin, M.L., and O'Neal, G.S. (1992)
Home Economics Research Journal, 21, 173-191.

Previous research has been inconsistent in examining the product attributes which contribute to the consumer's choice as indicators of quality. The authors used Sprole's (1979) model of consumer behavior to examine the importance of quality to home sewers, and to determine the specific attributes which signify the fabric quality.

A convenience sample of 80 home sewers (aged 18 and over) was used from the patrons of one of four fabric stores in a large mid-western city. Store-intercept interviews were conducted to collect the data.

The results showed that 95% rated fabric hand and color/print/design as critical characteristics. Further 90% also chose fibre content and weight/fineness as important. These show the importance of aesthetic considerations. The indicators of quality included weight/fineness (88.8%), color/print/design and fibre content (85%), and other aesthetic considerations (71%). Post-hoc analysis revealed that greater value is placed on quality with increased age and a greater number of sewing classes attended. However, there was no correlation between the number of years sewing and the importance of quality.

Implications and limitations are discussed.

Clothing and attributions concerning sexual harassment.

Johnson, K.K.P., and Workman, J.E. (1992)
Home Economics Research Journal, 21, 163-172.

Attribution theory is used as a framework to examine how clothing is used by observers to form opinions about victims of sexual harassment. Research supports the idea that clothing is a communication of sexual attitude and/or interest. The purpose of this study was to investigate whether attributions of provoking sexual harassment, and the likelihood of being sexually harassed varied by the clothing of the victim and/or the sex of the subject observer.

A convenience sample of 200 college students (98 male, 102 female), was collected. Age range was from 17 to 46 with 95% being under 26, and 22% had experienced some form of sexual harassment at work.

A 2 X 2 between-subjects design was employed. Photos of the model in provocative dress (skirt above-knee, low-cut blouse, and high-heels) and in nonprovocative dress (below-knee skirt, high-cut blouse, and moderate heels) were rated by the subjects using a eight-item measure developed by the authors. Subjects indicated that sexual harassment was more likely provoked when model was wearing provocative clothing. However, the men did not rate the likelihood higher than women, contrary to previous research. Implications and further research are discussed.

Pure air production.

Schiller, G. (1992)
Textile Asia, 23(12), 67-70.

In this paper presented to the International Manmade Fibres Congress in Dorbirn, Austria (September 23-25, 1992), Schiller discusses the result of research and development thus far in regards to clean up of the industrial exhaust air prevalent in textile industries.

Citing the regulations from the German Technical Instructions for Prevention of Air Pollution (TA-Luft), Schiller outlines the thermal post-combustion system. This is a mens by which to remove gaseous impurities which arise specifically in the textile industry. The author does caution that specific industrial configurations will require specialized systems, and that no generic operating system is possible. However, diagrams of possible systems which have been tested for reliability are provided.

Due to the nature of the paper not a great deal of detail is given. However, the importance of this aspect of the industry is stressed and therefore leads one to further exploration of the matter. The implications of cleaning the air environmentally and financially are considered.

Supplementary listing of articles:

The accuracy of size information on men's pre-washed jeans. Sieben, W.A., and Chen-Yu, H.I.J. (1992). *Clothing and Textiles Research Journal, 11*(1), 74-82.

Processing flax fibre blend yarns using rotor technology. Textile Institute. (1992/93). *Textile Horizons International, 12*(11), 38-39.

An alternative approach to the objective measurement of fabrics. Pan, N., Zeronian, S.H., and Ruy, H.S. (1993). *Textile Research Journal, 63*, 33-43.

Chinese-American values: A psychographic approach. Ownbey, S.F., and Horridge, P.E. (1992). *Journal of Home Economics, 84*(4), 10-16.

Quantification of the effectiveness of some phosphonates on the enhancement of wool dyeing. El-Nahas, H.M. (1993). *American Dyestuff Reporter, 82*(1), 38-42 & 48.

Modelling and control of the static regime in the process of applying printing paste. Hardalov, I., Velev, K., and Gluharov, S. (1992). *Journal of the Textile Institute, 83*, 449-453.

Submitted by:
Kate Swallow Yee
MSc Student
Department of Clothing and Textiles
University of Manitoba

Family and Consumer Studies

Cohabitation among Canadian students at the end of the eighties.

Charles Hobart, and Frank Grigel. (1992)
Journal of Comparative Family Studies, 23(3), 311-339.

Cohabitation, in its many forms, has been around for years. It is generally thought that cohabitation in the eighties is, for the most part, accepted but there have been many changes over the last few decades.

Information on the attitudes and experiences of cohabitating partners was collected in a cross-Canada sample of 2268 Anglophone and Francophone heterosexual post-secondary students. Responses are compared of never-married Anglophone and Francophone students in 1968, 1977, and 1988 to questions dealing with attitudes toward and experiences of cohabitation. The data are used to document the nature of changes in cohabitation since the late 1960s, to outline the variations in attitudes and behaviors among young Canadians today, and finally, to test hypotheses about the influences that shape cohabitation attitudes and behaviors of post-secondary students.

Factors affecting borrower choice between fixed and adjustable rate mortgages.

Mark Lino. (1992)
The Journal of Consumer Affairs, 26(2), 262-273.

In this investigation, it is questioned whether mortgage decisions are economically rational with regard to the type of mortgage believed to have the higher expected cost, and how various factors affect mortgage choice. The conceptual model of this study is based on an economic environment in which lenders expect mortgage interest rates to rise over borrowers' average residencies in homes.

This study seeks to answer two questions. First, does the mortgage type borrowers believe has the highest expected cost correspond to the mortgage type that would have the higher expected cost, based on borrowers' interest rate and residency expectations? And second, how do the four factors (lender constraints, financial cost, financial planning, and risk) of the conceptual model affect mortgage choice?

Data was collected from 352 mortgage borrowers in a mail survey. Logit analysis was used to analyze the data.

First, it was found that for many borrowers, the type of mortgage with actual higher expected cost (based on interest rates and residency expectations) is not the type of mortgage thought to have the higher expected cost. Many borrowers, therefore, are unable to correctly assess which type of mortgage has the higher expected cost. Second, lender constraints do not have a significant effect on mortgage choice nor does expected financial cost of mortgage. Factors that do have a significant effect on mortgage choice are the financial planning aspect of choice and the risk factor associated with a home loan. These findings suggest that consumer education programs focussing on mortgage choice are needed.

Defining intimacy in romantic relationships.

Barry F. Moss, and Andrew I. Schwebel. (1993)
Family Relations, 42,(1), 31-38.

It is generally accepted that 'intimacy' is desirable in interpersonal relationships. In addition, high levels of intimacy have been attributed to good physical and mental health. Surprisingly, there is no consensus in the literature as to the definition of this construct.

An extensive computer-assisted search of scholarly publications and books for definitions of intimacy was conducted and sixty-one definitions were found. These definitions were then categorized into three separate types: general, multidimensional, and operational definitions.

Implications were seen for practitioners. In particular, practitioners will be better able to help their clients understand the concept of intimacy, the intimacy-related problems they are experiencing, and steps they can take to attain the level of intimacy they seek.

Marital strengths in enduring marriages.

Linda C. Robinson, and Priscilla W. Blanton. (1993)
Family Relations, 42(1), 38-45.

This study explored the dynamics of enduring marriages through enduring couples' perceptions of their own marital strengths and the interrelatedness of those strengths. It was attempted to ascertain the qualities which couples perceive to have had positive influences on the marital relationship in times of closeness as well as in times of relational strain.

A convenience sample of fifteen couples who had been married at least thirty years was generated primarily through referrals by faculty, staff, and students in the family studies department of a southeastern U.S. university. The mean for years married was 40.4 years, with a range of 35 to 48 years. The average for husbands was 63.5 and for wives, was 61.6. Unstructured interviews were conducted with each spouse. The couples were interviewed separately.

Analysis of the data suggested that the following key characteristics are elements of enduring marriages: intimacy balanced with autonomy, commitment, communication,

religious orientation, and congruent perceptions of the relationship. Interrelationships among the variables emerged, suggesting direction for future empirical research. Implications for the findings are discussed in terms of both enrichment and intervention.

Supplementary listing of articles:

Investigation of the effects of disclosure statements in rental car advertisements. John H. Murphy, and Jef I. Richards. (1992). *The Journal of Consumer Affairs, 26*(2), 351-376.

Stress among job insecure workers and their spouses. Stephan M. Wilson, Jeffry H. Larson, and Katherine L. Stone. (1993). *Family Relations, 42*(1), 61-65.

Personal factors related to consumer product disposal tendencies. Gilbert H. Harrell, and Diane M. McConocha. (1992). *The Journal of Consumer Affairs, 26*(2), 397-417.

Sexuality education: What daughters in their 30s with their mothers had told them. Linda J. Brock, and Glen H. Jennings. (1993). *Family Relations, 42*(1), 61-65.

Submitted by:
Lana D. Burnstad
MSc Student
University of Alberta
Edmonton, Alberta

Foods and Nutrition

Foods perceived by adults as causing adverse reactions.

Parker, S.L., Krondl, M., and Coleman, P. (1992)
Journal of the American Dietetic Association, 93, 40-44.

Forty-five adults, aged 18 to 60 years, attending allergy clinics, participated in a study to identify differences in reaction patterns and reported offending foods in clients with confirmed (n = 22) and unconfirmed (n = 23) adverse food reactions. Classification of subjects into the two groups was done on the basis of medical histories, physical examinations, psychological testing, and skin testing for common allergens. Where possible, subjects were submitted to double-blinded food challenges. Information on offending foods was gathered from all subjects using a self-administered questionnaire.

The majority of subjects were female – 17 of the confirmed group and 21 of the unconfirmed group. The mean age of subjects in the confirmed group was significantly lower than the unconfirmed group (34.8±10.9 years vs. 41.5±9.6 years). Subjects with confirmed reactions reported symptoms consistent with IgE-mediated food sensitivity with the most frequent being respiratory symptoms and swelling. Those with unconfirmed reactions reported nonspecific symptoms including neurologic, gastrointestinal, and various miscellaneous complaints. The confirmed reaction group reported onset of symptoms to be within 2 hours of food intake and occurrences to be brief and sporadic causing little disruption of daily routines. Those with unconfirmed reactions reported frequent occurrences, delayed-onset, and prolonged duration of reactions. Subjects with confirmed reactions reported significantly fewer foods to cause adult-onset symptoms than those with unconfirmed reactions (5.2±5.5 foods vs. 25.6±22.1 foods). The types of offending foods reported by the latter group suggested that subjects had been influenced by popular news media and clinical ecology-oriented literature. This group also reported greater use of nutritional supplements. This could be attributed to an activist health orientation. Significant personality differences existed between the groups. Subjects with unconfirmed reactions scored higher on scales for hysteria, hypochondriasis, and symptom distress.

The authors noted that complaints involving unusual foods or dietary components need to receive careful assessment as idiosyncratic reactions have been documented. They suggested that dietitians meet the challenge of nonspecific food-related complaints by keeping updated with scientific literature and popular press and strive for cooperative, constructive relations with alternate health care providers.

Withdrawal syndrome after the double-blind cessation of caffeine consumption.

Silverman, K., Evens, S.M., Strain, E.C., and Griffiths, R.R. (1992)
The New England Journal of Medicine, 327, 1109-1114.

To determine the effects of abrupt cessation of daily caffeine consumption, 62 normal healthy adults (mean age — 30±8 years) whose caffeine intakes were low to moderate with a mean intake of 235±126 mg (2.5 cups coffee) daily. Subjects completed a series of tests and questionnaires while consuming their normal diet and at the end of each of two two-day study periods. This double-blind, crossover study had subjects consuming a caffeine-free diet with a capsule containing either a placebo or caffeine equivalent to their average daily intake. Tests were designed to assess psychological symptoms associated with caffeine withdrawal and psychomotor and cognitive performance. Compliance with caffeine restriction during test periods was assessed using saliva samples.

Cessation of caffeine intake affected all measures. Fifty-two percent of subjects had moderate to severe headache, 8% to 11% had symptoms of depression and anxiety, and 13% used analgesic drugs despite restrictions during the placebo period. These results were significantly different from either the baseline diet or the caffeine test period.

The authors concluded that caffeine withdrawal can be severe and can occur in a large proportion of the general population. They recommended gradual reduction of caffeine intake to lessen severity of withdrawal symptoms.

Eating disorders: A theoretical review.

Jones, K.H., and Nagel, K.L. (1992)
Journal of Home Economics, 84, 52-55.

This literature review outlines three major theories associated with development of the eating disorders, anorexia nervosa and bulimia. *Sociological/Environmental Theory* proposes that eating disorders result from societal pressures to be thin and from cultural stereotypes of the female role. Western culture stigmatizes the overweight, especially the overweight woman. Today's society glamorizes the "thin ideal" which has led women to define themselves by their bodies. Thinness has become equated with attractiveness and success.

According to *Family Systems Theory*, a psychosomatic style of family interaction in which adolescents are prevented from developing as individuals, is associated with eating disorders. Such families strive to appear "perfect" and report to have no problems. Characteristics common to psychosomatic families include enmeshment, overprotectiveness, rigidity, and lack of conflict resolution. It has been suggested that many eating disordered persons belong to a dysfunctional family and develop maladaptive eating

behaviors early. Maladaptive, overbearing mother-child relationships, and communication patterns create an environment in which a child fails to separate and individuate. This may result in development of an eating disorder.

Psychogenetics Theory, based in family genetics research, purports that some individuals are genetically predisposed to develop an eating disorder. A higher prevalence of anorexia nervosa has been demonstrated in persons who have relations with eating disorders. Anorexia may be genetically linked and it appears to differ in genetic aetiology from bulimia.

The authors concluded that home economists working with youth are in the position to educate at-risk populations, especially teenage females. Curricula need to stress accurate nutrition information, positive self-image and decision-making, and interpersonal skills to assist educators in the prevention of eating disorders.

Effects of microwave radiation on anti-infective factors in human milk.

Quan, R., Yang C., Rubinstein, S., Lewiston, N.J., Sunshine, P., Stevenson, S.K., and Kerner, J.A. (1992)
Pediatrics, 89, 667-669.

To determine the effect microwave heating has on human milk, 22 term and preterm milk samples were obtained from lactating women. After thawing at room temperature, aliquots were removed for controls and test samples. Test samples were exposed to microwave radiation at either low or high power for 30 seconds with final sample temperatures recorded before placement on ice. Assays for lysozyme, total IgA, and specific IgA to *E. coli* serotypes were completed for control and test samples. Aliquots of an additional 10 samples were microwaved at low (20° to 25°C.), medium (60° to 70°C), and high (72° to 98°C.) power settings before the addition of diluted *E. coli* suspension. Bacterial growth was determined after plated samples had been incubated.

After microwaving for 30 seconds, milk samples reached a mean temperature of 90.5°C. on high power and 33.5°C. on lower power. Assays revealed significantly lower lysozyme activity with either microwave treatment when compared with control samples. Total IgA and IgA specific for *E. coli* antigen group 01 and 04 were adversely affected at high microwave setting only. IgA against *E. coli* antigen 06 was significantly lower than control samples at either microwave setting. Bacterial growth inhibition was significantly decreased after low, medium, and high microwave treatments with 5, 10, and 18 times, respectively, greater *E. coli* growth in treated samples compared to controls.

The authors stated that microwave radiation is not a suitable method of heat treatment for human milk due to loss of immunologic properties. Results indicated that microwaving at high temperatures resulted in definite detrimental effects and the safety of low power microwaving was drawn into question.

Long-term morbidity and mortality of overweight adolescents. A follow-up of the Harvard Growth Study of 1922 to 1935.

Must A., Jacques, P.F., Dallal, G.E., Bajema, C.J., and Dietz, W.H. (1992)
The New England Journal of Medicine, 327, 1350-1355.

In a long-term follow-up of 508 participants of the Harvard Growth Study, the relationship between overweight in adolescence and adult morbidity and mortality was studied. Adult subjects were classified as lean adolescents if their body mass index (BMI) had been between the 25th and 50th percentiles (as per NHANES — 1971 to 1974) and overweight adolescents had BMIs above the 75th percentile. In 1988, subjects who were still alive were interviewed in person or by telephone using a structured interview protocol to determine medical, reproductive, smoking, weight and exercise histories, and daily activity levels. For those who had died, cause of death was obtained from death certificates.

Of surviving subjects who had been overweight in adolescence, 52% were still overweight at follow-up. Among male subjects, but not females, the relative risks of death from all causes and from heart disease were 1.8 and 2.3, respectively. Survival curves for men revealed poorer survival in the overweight group starting at about 45 years of age. Morbidity risks for coronary heart disease and atherosclerosis were increased in both sexes among those who had been overweight adolescents. Overweight in adolescence appeared to be more powerful predictor of these risks than overweight in adulthood. Morbidity and mortality risks for colorectal cancer were increased among men in the overweight adolescent group as was risk of arthritis among women who were overweight teens. These risks were independent of adult BMI.

The authors stated that the effect of overweight in adolescence on adult morbidity and mortality could be related to the central adiposity that occurs during adolescence. It is possible that use of stricter cut-off points for definition of overweight may have led to finding effects among women. They concluded that prevention of overweight early in life may result in decrease adult morbidity and mortality. This could also decrease the negative psychological and social effects of overweight in childhood.

Supplementary listing of articles:

Are n-3 fatty acids essential nutrients for fetal and infant development? Nettleton, J.A. (1993). *Journal of the American Dietetic Association,* 93, 58-64.

Prevalence of reading nutrition and ingredient information on food labels among adult Americans: 1982-1988. Bender, M.M., and Derby, B.M. (1992). *Journal of Nutrition Education,* 24, 292-297.

Constipation in childhood. Ebelt, V.J., and Riddell, D. (1992). *Canadian Family Physician,* 38, 2167-2174.

A critique of the rationale for cancer treatment with coffee enemas and diet. Green, S. (1992). *Journal of the American Medical Association,* 268, 3224-3227.

Overview of reading and literacy research and applications in nutrition education. Nitzke, S., and Voichick, J. (1992). *Journal of Nutrition Education,* 24, 261-266.

Attitudes of expectant fathers regarding breast-feeding. Freed, G.L., Fraley, J.K., and Schanler, R.J. (1992). *Pediatrics,* 89, 224-227.

Submitted by:
Laurie A. Wadsworth, MSc
Public Health Nutritionist
Swift Current, Saskatchewan

New Developments

Compiled by Brenda White

... In Resources

We Need To Know About AIDS/Des mots pour le dire ... Le SIDA

This 29-page booklet is written to help parents talk with their children about AIDS. As well as the basic facts about AIDS and HIV, the virus that causes AIDS, it also contains suggestions on how to discuss these facts with children. It is not meant to promote any values or lifestyles. Copies are available, at no charge, in English and French.

To order, contact: National AIDS Clearinghouse, 1565 Carling Ave., Suite 400, Ottawa, Ontario, K1Z 8R1.

Workplace Well-Being Guide

This is a bibliographic listing of workplace well-being references under the following headings: Health and Wellness Promotion, Employee Assistance Programs, Health Risk Appraisal, Cost-Benefit Analysis and Marketing Health and Wellness Programs. Copies are free in Alberta and $5.00 for out-of-province orders.

To order, write to: Alberta Centre for Well-Being, 11759 Groat Road, Edmonton, Alberta, T5M 2K6.

Space Planner

Planning a new home, renovations, or an office? These quick planners provide reusable peel and stick illustrations of furniture, windows, doors, cabinets, and appliances, electrical outlets and switches, office equipment, bathroom fixtures, and a 3000 square foot floor plan grid. The Space Planner Kit (either #4029 Home Planner or #4031 Office Planner) costs $15.95 U.S. plus $5.00 shipping and handling.

To order, write to: TMM, Box 821, Lewiston, Maine, USA 04240.

Nutrition Teaching Package for Natives

Information and material to assist educators in conducting a workshop on making healthy food choices and getting the most nutrition for every food dollar is found in the teaching package called *A Healthy Body If We Eat Well.* It is designed for Native adult students. The information is organized in an easy-to-use folder with color coded sections (including background information, lesson plan, overhead and handout masters, and follow-up activities) and costs $15.00 including GST.

To order, write to: Lethbridge Community College Bookstore, 3000 College Drive South, Lethbridge, Alberta T1K 1L6, Attention: Mark Patten.

Breast-Feeding Advocacy Kit

This kit contains nine publications, presenting general information on the importance of breast feeding and on recent patterns and trends in breast feeding in Canada. It also contains resource materials for counselling parents and for in-servicing health professionals. A bibliography and resource guide are included. Copies are available at no charge.

To order, contact: Health and Welfare Canada, Publications Department, 5th Floor, Jeanne Mance Building, Tunney's Pasture, Ottawa, Ontario K1A 1B4.

How To Talk About Alcohol

This is the name of an educational kit on responsible drinking developed for parents of preteen children. The kit, available at no charge, includes an audio cassette and a guide book of questions and family activities.

To order, write to: Seagram Canada, P.O. Box 847, Station H, Montreal, Quebec H3G 9Z9.

Get On Board!

This manual on non-profit board development deals with such issues as board membership, board planning, legal and financial responsibilities, meetings, committees, conflict resolution, and board evaluation. Written in 1992 by the Edmonton Social Planning Council, it is available for $15.00 (including GST, shipping and handling).

To order, write to: Edmonton Social Planning Council, Suite 41, 9912-106 St., Edmonton, Alberta T5K 1C5.

... In Products

E-Lamp

A new type of light bulb has been introduced which uses one quarter the electricity for the same amount of light and lasts up to 20,000 hours compared to 750 hours for traditional incandescent and 10,000 hours for fluorescent lighting.

The E-lamp uses a magnetic coil that generates a radio wave inside the sealed bulb. This electronic energy mixes with mercury vapor gas, the same gas used in fluorescent lighting. The gas transforms into a plasma which reacts to the phosphor coating on the inside of the bulb producing visible light.

E-lamps are to be available in retail stores this year and will retail for $15-$20.

Source: *Inter Connect*, The City of Calgary Electric System, Vol. 5, Issue 3, January/February 1993.

Occupancy Sensors (Motion Sensors)

Walk into a room fitted with an occupancy sensor and the lights go on. Walk out, and the sensor automatically switches the lights off. Save money on lighting costs, make more

efficient use of electricity required, and help take care of the environment by reducing emissions from the generation of electricity. If continuous illumination is not required and the space is vacant for periods longer than 15 minutes, occupancy sensors are appropriate. These sensors can also be used to control heating, ventilation, and air conditioning.

For more information, contact a lighting supplier or your local electric utility.

Metal for the Microwave

Metal cooking utensils, specially designed for microwave oven use can be used safely and effectively when cooking meat, poultry, pizza, or frozen prepared dinners. Cakes, pies, cookies, rolls, biscuits, and breads could also be microwave cooked with the aid of metal.

Microwave manufacturers initially discouraged use of metal in the microwave to avoid confusion and potentially dangerous problems associated with inappropriate use. "Microwave safe" metal cooking utensils are currently in the research stage and should begin to appear in the marketplace within the next few years.

In the meantime, the Aluminum Foil Container Manufacturers Association has issued the following guidelines for using metal foil in the microwave.

- do not let foil touch any other metal, such as a metal turntable, the side of the oven, or another foil container.
- do not completely encase food in foil because microwaves cannot penetrate foil.
- use shallow trays and fill them only 2/3 full, since microwaves only enter food from the top.
- make sure food is hot when served. Heating times may be longer than usual.

Source: *Inter Connect*, The City of Calgary Electric System, Volume 5, Issue 3, January/February 1993.

... In Ideas

Canada's New Food Guide — How Is It Different?

The key differences between the new *Canada's Food Guide to Healthy Eating* and the old *Canada's Food Guide* are:

- *A new approach.* The new, total diet approach meets nutrient and energy requirements of most people, unlike the former foundation diet approach which met only minimum nutrient requirements. This new approach helps one make *all* food choices and takes into account current nutrition concerns and recommendations. It considers the overall pattern of eating, not intake of any specific food, meal, or day.
- *A new look.* A rainbow has replaced the circle design. This design continues to reinforce the importance of each of the four food groups, but visually shows that the amounts needed from each group vary.
- Several *directional statements.* These guiding principles provide overall direction on issues of variety, fat, carbohydrates, and physical activity.
- *New food group names.* Grain Products, Vegetables and Fruit, Milk Products, and Meat and Alternatives are the new food group names.
- *Changes in the number and range of servings.* They have increased for Grain Products (from 3-5 to 5-12), Vegetables and Fruit (from 4-5 to 5-10), and Milk Products (from 2 to 2-4 for adults) recognizing the wide variation in individuals' energy needs. They have basically remained unchanged for Meat and Alternatives.

Source: *Fast Facts*, Dairy Nutrition Council of Alberta, Spring 1993.

Partnerships

Partnerships are part of the 90s. Yet partnering takes place at many levels and with varying degrees of structure and complexity. Moving from the first to the third level on the partnership continuum requires increased commitment by participants, increased structuring, and the need to establish specific goals.

- Co-operation — organizations assist one another on an ad hoc basis.
- Coordination — organizations take into account each other's activities to avoid unnecessary duplication or competition.
- Collaboration — organizations work jointly and continuously on a particular project towards a specific goal.

Source: *Focus on Active Living: A Resource Letter Advancing the Application of Active Living in Canada*, Vol. 1, No. 2, 1992.

Total Quality Management (TQM)

Most people want to do the best they can and will make improvements when they see the opportunity. This is known as "intuitive quality" or "intuitive improvement." TQM is a means of bringing structure to this innovative approach by having all employees participate, giving them the tools and authority to make changes. TQM involves several principles.

Focus on Process. Improvements to business processes aimed at reducing costs yield a significantly greater incremental profit than similar increases in sales.

Customer Orientation. There should be a single-minded focus on understanding who the "customers" are and what their needs might be, and then continually improving the ways those needs are met.

Employee Involvement and Empowerment. Employees should receive the right training to analyze and solve problems and the authority to implement changes. Management's role changes to facilitator, rather than decision-maker and problem-solver.

Getting the data. Decisions should be based on facts, not impressions. If you cannot measure it, you cannot improve it.

The TQM approach ensures that the needs of the customer are kept uppermost in the minds of all employees. By involving all staff in a continuous gathering and analysis of data and then using it to streamline processes, true value results.

Source: *Business Access*, January/February 1993.

New Bankruptcy and Insolvency Act

Recently, changes were made to the 1949 Bankruptcy Act. There is new help for consumer debtors to get back on their feet. The new Act helps prevent personal bankruptcies by

allowing consumer debtors to renegotiate with creditors to pay less than the total amount owing and to reschedule their debt repayment plans over longer periods. This procedure is available to consumers whose debts do not exceed $75,000.00, excluding any debt secured by a mortgage on their principal residence. To help consumers avoid long and costly bankruptcy proceedings, summary administration, a relatively simple and affordable process, is now available to those whose assets for distribution are not more than $5000, instead of the previous $500 limit set.

Consumer counselling is mandatory under the new Act. Its purpose is to help debtors acquire money management skills and assist them in exploring remedial options to avoid financial difficulty again. Counselling fees will be provided as an estate expense or will be part of the proposal cost, depending on the circumstances.

Source: *Highlights of Canada's New Bankruptcy and Insolvency Act Backgrounder*, Consumer and Corporate Affairs Canada, November 30, 1992.

Breast Cancer Research Monies

In December 1992, the Canadian government committed $20 million over five years to the establishment of a Breast Cancer Research Challenge Fund and will encourage business and industrial sectors, non-government organizations, and citizens to match this financial commitment.

Another $2.3 million will go to continuing support of provincial breast cancer screening activities, support for fostering uniform high standards of care across Canada, and continuing education/training of health professionals in the area of breast cancer.

As well, another $2.7 million will go to five existing cancer centres or other health care institutions across Canada to develop Breast Cancer Information Projects.

Source: Press Release, Health and Welfare Canada, December 15, 1992.

Matinee Ltd. Fashion Foundation

This is a new granting body that has been established to assist talented Canadian designers in the fashion industry. Announced in November 1992, the foundation will award $500,000 per year to help designers reach their objectives in areas as diverse as product and market development, production, marketing, human resources, and skill enhancement. For more information, contact: Matinée Ltd. Fashion Foundation, 3810 St. Antoine, Montreal, Quebec, H4C 1B5.

Source: *Apparel*, January/February 1993.

Being An Effective Member of a Work Group

According to experts in industrial relations, here are the six qualities of a good team player:

- A willingness to sacrifice for the benefit of the team. A good team player will not need individual recognition; basking in the glory the whole team gets from doing the job well will be all that matters.
- A willingness to let the team leader lead. If you absolutely cannot work with the team leader, say so at the outset, and try getting another assignment. Just as you were chosen because of your special skills, so was a team leader in many cases.
- The ability to contribute your best as a team member. Do your best to contribute in your specialized area. If that means you're going to be in conflict with the team leader, then that is the way it must be. This is the only exception to the second "rule" above.
- A spirit of compromise. Whatever the final decision, it is your obligation as a team member to support it in public.
- A willingness to try something new. The best team members keep an open mind.
- The ability to see things clearly and to solve problems easily. If you can accurately define the problem, it is half solved. Cultivate a problem-solving ability and you will be asked to sit on many teams.

Source: *Teamwork Newsletter*, Dartnell Corporation, 1992.

The Buzzwords in Health Promotion

Here are some common terms used in health these days — and what they mean.

- *Health Promotion* — a process which aims at improving the quality of life of the whole population no matter what the individual basic status of health is. It is positive in concept.
- *Community Development* — A process of working with existing organizations to create "grassroots" support for change and to strengthen the community's mediating structure and capacity for self-help.
- *Healthy Environment* — all aspects of social, economic, and physical environment which may influence the health of individuals or groups.
- *Healthy Public Policy* — overall governmental policy decisions which encourage and support individual responsibility for health. This goes beyond provincial and federal health departments to others such as environment and trade/commerce departments.
- *Empowerment* — The enabling of people to take control over and responsibility for their own health as a component of everyday life.

... In Trends

Extended Families

Extended families continue to be an important source of support for one another, but unlike the past, today's extended families live in different households rather than the same one. The following are results of a 1990 survey:

- 81% of Canadians aged 15 and over received or provided at least one unpaid service (other than child care) from or to someone living outside their household at least once during the past year. Almost one-half of these (46%) both gave and received help.
- Family (i.e. parents, children, siblings, other relatives) constitute a substantial proportion of people providing help: 68% of financial support, 59% of housework, 47% of house maintenance, and 36% of transportation contributors were family members.
- Friends are also an important part of Canadians' primary support group, as Canadians, on average, have more close friends (7 to 8) than siblings (4).
- Friends accounted for 62% of people providing help with transportation, 52% with house maintenance, 37% with housework, and 25% of contributors of financial help.

- Men shared tasks more with friends while women exchanged more with family.
- The following traditional roles were evident — women provided 64% of the housework help and 63% of child care help; men provided 74% of house maintenance work.

Source: *Canadian Social Trends*, Winter 1992.

Lone Parenthood: Gender Differences

- Although lone parenthood is much the same as in 1941 (13% of all families vs. 12%), the circumstances creating lone parenthood families have changed. While 50 years ago, war and greater risks associated with childbirth were key reasons, today divorce and separation result in lone parenthood.
- Eighty-two per cent of lone parent families are headed by a mother.
- Significantly more (17% vs. 5%) lone mothers than lone fathers have never been married.
- Most lone mothers (68%) had children under age 18, while about one-half of lone fathers had children that young. Furthermore, 29% of lone mothers had children under age 7, compared to 11% of lone fathers.
- More lone fathers (71%) than lone mothers (57%) had wages and salaries as their major income source.
- 56% of lone mothers with children under 18 and 20% of lone fathers with children that age, were living with incomes below Statistics Canada's Low Income Cut-offs.
- More than 11% of lone mothers and 4% of lone fathers had incomes $10,000 or more below the Low Income Cut-offs.

Source: *Canadian Social Trends*, Winter 1992.

The Homepreneur

A recent Canadian study looked at the people who work from home. Some results were:

- More than two million households (nearly a quarter of the total) double as workplaces, for full- or part-time business owners (48%), for employees who spend the workday at home (14%), or for employees who bring work home (39%). By the year 2000, as much as 40% of the labor force may work from home.
- Rural residents are more than twice as likely as their urban counterparts to start a home business.
- As many men as women run businesses from home.
- Factors fueling the homepreneur boom include a shift in economy from natural resources to services, a rejection of the "9 to 5" workday hours, the evaporation of jobs, and advancing technology.

Source: *Profit*, December 1992.

Anti-Noise Devices In Works

Companies that make noisy products are looking at an ingenious breakthrough technology that enables them to dramatically reduce unwanted sound. Active noise reduction systems are said to be part of the next wave of luxury home appliances and cars. The basic concept is simple — fight fire with fire or sound with sound, cancelling each other out. Headsets, marketed primarily to workers in noisy industrial settings, will cost $250 and replace earplugs as safety equipment beginning this year.

Not everyone is on board with this new technology, choosing instead the more mainstream approach, that of trying to reduce noise at the source.

Source: Anti-Noise Devices In Works, *Calgary Herald*, February 22, 1993.

Visual Communications Coming!

Multimedia, visual communications is predicted to be in the 90s what fax was in the 80s — a pervasive, affordable communications medium. Currently, roll-up video units for business now cost between $20,000 to $50,000 but by the end of 1993, high-quality video communications will be available on desktop portable computers for well under $10,000. Some experts predict that in a few years they will be available as a PC addition for just a few thousand dollars.

Source: *Calgary Herald*, February 25, 1993.

Free Trade and Textiles

Ratification of the North American Free Trade Agreement (NAFTA) will significantly affect the North American soft goods chain, from fibre through textiles, apparel, and home furnishings.

NAFTA will further open a vast, growing market in Mexico and will provide access to a large pool of low-cost labor. The early years of NAFTA will likely result in dramatic growth in Mexico's apparel sector, replacement of some Far East sources with Mexican sourcing, increased short-term opportunities for mills to export fabric to Mexican apparel producers, likely resulting in a modern textile industry in Mexico to supply the apparel sector.

Knowing the strengths and weaknesses of the Mexican trade and apparel industries will create opportunities. In terms of fibres, Mexico's strength is in man-made fibres, accounting for 65% of the country's fibre consumption. Three major companies dominate the country's production of man-made fibres.

The Mexican textile industry's weakest production area is dyeing, printing, and finishing. Capabilities are limited and expected to increase only slightly in the short term. Water availability is a key constraint.

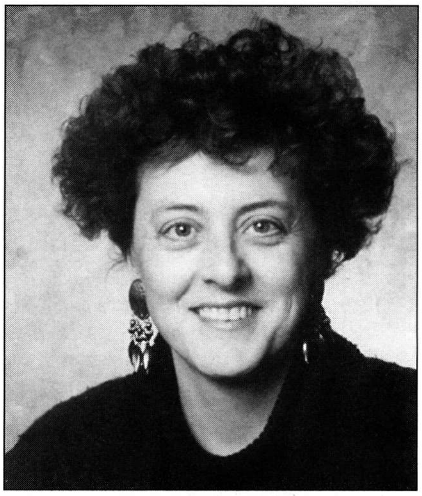
Of all the links in the soft goods chain, the apparel industry is the most fragmented. More than 70% of firms have 15 employees or less. Other problems such as high turnover and low productivity plague the industry. Overall apparel quality has improved during recent years, but apparel makers appear to be looking for even more change.

Source: *Textile World*, February 1993.

On the Job

Profile of Sue McGregor as a home economist on an executive interchange

Sue McGregor



Sue McGregor

In 1987, the Interchange Canada Program was designed to place Senior Public servants for up to two years in key corporate positions, while business executives took on challenging government assignments. Salaries are paid by the initial employers and reimbursed by the host organization. The main objective of the program is to provide a vigorous exchange of expertise and ideas and foster closer working relationships between business and government (King, 1991). Academics are also privy to this program.

From May to October, 1990, I was privileged to partake in the Executive Interchange Canada Program. At their invitation, I was seconded to the Federal Department of Consumer and Corporate Affairs Canada, the Atlantic Region, as a consumer policy analyst. Half way through this position, I was invited to maintain a base in Halifax, but work closely with the Director of Consumer Services at the National Office in Ottawa. The following is an account of this rewarding, fulfilling, and incredibly enlightening experience in the public arena.[1]

Nature of Actual Interchange

From May-October (1990) I held the Visiting Academic Research position (Consumer Policy Analyst) with Consumer and Corporate Canada (CCAC) via the Canada Executive Interchange Program. This position was in response to the Deputy Minister's priority to establish a visiting academic's program to carry out basic consumer/market research. I was purposely hired as part of an initiative to investigate the viability of bringing academics on stream within the bureaucracy. In their opinion, my doctoral research in consumer policy and the consumer interest (McGregor, 1992) was a key impetus for recognizing the viability of my expertise marrying with the needs of CCAC.

In consultation with managers of CCAC, several types of objectives were established. During the interchange I strived to meet a combination of personal, departmental process, project, and policy objectives. Respectively, these included the acquisition of a working knowledge of CCAC and the consumer policy process which would complement my doctoral research. While acting as a resource person, I was expected to analyze consumer issue symposiums, develop a Managed Contact Approach Strategy Manual, participate in the development of a CCAC National Training Program for Consumer Policy Service officers, and examine the feasibility of formalizing consumer research interests in Atlantic Canada. Policy research objectives included writing technical papers on the "Consumer of the 90s" and "Business/government relations". I was also targeted to work on a team devising a strategy for shared roles and responsibilities of marketplace players and to be involved with the evolution of the ongoing work on the consumer policy framework at the Ottawa office. All of these objectives were achieved over the six months.

Although the Executive Interchange lasted for six months (I obtained permission from the University and the Human Ecology Department for a leave of absence to engage in this opportunity), about three months into the Executive Interchange, I was co-opted to the National office by the Director of the Consumer Services and Policy Branch. At the direction of herself and the Assistant Deputy Minister (ADM), I took on the task of analyzing any documents that had been written by the department on the topic of the nature of the existing consumer protection policy framework. The result of this was a profile of the work, programs, and policies to date, in progress, and needing to be done. This analysis resulted in the development of a model of the elements of the consumer policy framework in CCAC (available from the author).

As this analysis progressed, events within the department resulted in a more formal initiative to articulate a

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Sue McGregor, PhD, is a tenured Assistant Professor of Consumer Studies and Policy in the Human Ecology Department at Mount Saint Vincent University. She recently received her PhD in consumer policy (using a network and a political economy perspective) from the University of Strathclyde, Glasgow, Scotland. This complements her MSc in Consumer Studies from the UofA and a BSc in Home Economics from UPEI. She holds home economics teaching credentials in three provinces. She was recently appointed Chair of the Public Policy Committee of CHEA for a two year term and is on the NSHEA International Year of the Family Committee. Her research interests are in the areas of consumer interest, consumer education, consumer and family policy, network analysis, and the transition of the profession of home economics towards the profession of human ecology.

[1]A version of this paper was previously presented at the 1991 CHEA Annual Conference in Halifax, NS.

consumer policy framework which reflected the reality of the marketplace and the existing framework. The objective was to write a discussion paper on the state of the department, the marketplace constituents, and the economy. A workplan for this consumer policy paper was the first attempt by the department to formally structure this policy review process.

As a result of this work, later in the year the Minister of CCAC decided to establish a Consumer Policy Framework Secretariat and I was initially targeted to be the principal researcher of this public discussion paper. As a member of the steering committee, I worked closely with the Director of Consumer Policy and Services and the Executive Director of the Secretariat. We established the terms of reference for the Secretariat, as well as the infrastructure and the scope of the numerous projects, which were then assigned to the newly assembled group of analysts working in the secretariat. This secretariat has since been amalgamated with the Consumer Services and Policy Bureau and the focus of this Bureau is to restructure the consumer policy framework for Canada. It recently released the discussion paper ("Consumer", 1992). My contribution to this milestone document was exciting and rewarding.

Benefits of an Interchange Experience

An executive interchange can benefit the individual, the sponsoring organizations, and affiliated professional associations. The Executive Interchange experience sensitizes individuals to the restrictions and pressures under which each must operate. Things learned should be transferred — the experience should make you want to make changes when you return to your job. You are able to gain access to information that helps you understand how decisions are made in government and in business. The interchange helps to improve the exchange of ideas and experience between business and government and helps you gain a better understanding of how decisions affect the stakeholders.

You learn also that it is imperative to consult with people before making decisions and you will find that the decisions are better (but take longer to reach). You can gain sight into the complexities and differences across Canada. You also begin to realize how structured, rigid, controlled that government is — it can stifle creativity and self-motivation. Along the same lines of thinking, the hierarchy of government is fragmented and very formal, therefore finding out who actually makes the decision is difficult because responsibilities are shared by so many people, making it hard to hold people accountable (King, 1991).

I realized that there really is an actual challenge involved in linking "ivory tower research" to the pragmatic world of policy making. As a result of this, I also realized that there is a bigger picture and that one's research interests can make a difference if one is focussed and has the right contacts (a managed network). I garnered more of an appreciation of the complex relations between federal and provincial governments (eg. the constitutional impact on consumer policy) as well as between government, business, and consumer relations. Finally, I really grasped the meaning of deadlines!

What Does All of this Mean for Other Home Economics Professionals?

My experience from this executive interchange suggests that home economists need to take several fundamental steps if they wish to influence policy affecting the family. Foremost, you have to familiarize yourself with the organization, mandate, and function of the federal, provincial, and territorial departments which develop policy impacting on the family. Then, you must develop a network of government and business contacts and manage this network. Home economists need to become familiar with change management principles, develop issues management (McGregor, 1993) and lobbying skills, and devise a means of tracking issues and contributing to the policy development process. All of us have the responsibility to obtain copies of relevant discussion papers *and* offer constructive feedback and criticism. If you are an academic, engage in policy evaluation research as well as policy analysis research and share your research findings with bureaucrats and politicians (action research).

Better yet, make a difference by asking for an interchange so that you can learn first hand the policy development process in the Canadian parliamentary system — and share the results of the experience with the rest of us! □

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IFHE ... In Focus

Regards Sur La FIEF

The International Year of the Family 1994

L'Année internationale de la famille 1994

You Are Cordially Invited To Participate At
The World NGO Forum Launching
The International Year Of The Family 1994

Promoting Families For The Well-Being Of Individuals And Societies

28 November-2 December 1993
Mediterranean Conference Centre,
Valletta — Malta

The World NGO Forum is a global event to launch an effective and successful **International Year of the Family 1994**, proclaimed by the United Nations General Assembly. It takes place as a culmination of the preparatory phase and on the eve of the Year.

The World NGO Forum aims at gathering the main IYF actors and multipliers from around the world in order to mobilize action and awareness, plans and participation in promotion of IYF at the regional, national, local, and grass-

Nous avons reçu une invitation officielle à
participer au Forum mondial des ONG qui lancera
l'Année internationale de la famille — 1994

Promouvoir les familles en vue du mieux-être des particuliers et des sociétés

du 28 novembre au 2 décembre 1993
au Centre de conférence méditerranéen
de Valletta (Malta)

Le Forum mondial des ONG est un événement mondial dont le but est de lancer avec efficacité et succès **l'Année internationale de la famille (AIF) — 1994,** proclamée par l'Assemblée générale des Nations Unies. Cet événement sera l'aboutissement de la phase préparatoire et se déroulera à la veille de l'Année internationale.

Le Forum mondial des ONG veut rassembler les principaux intervenants des quatre coins du monde pour une mise en commun des mesures concrètes, des plans et des

International Year of the Family **1994** **Année Internationale de la Famille**

Design reflects the family at heart of society

Le logo symbolise une famille au sein de la société

Le Logo, créé par Catherine LITTASAY-FOLLIER, artiste suisse de renom vivant à VIENNE, servira à sensibiliser l'opinion publique sur les buts et les enjeux de l'anée

The design, created by Catherine LITTASAY-ROLLIER, a well known Swiss artist residint in VIENNA, will be used in promoting public awareness of the goals and purposes of the Year

roots levels for 1994 and beyond. As a result families themselves should be enabled to know about, participate in, and benefit from IYF.

The World NGO Forum has as its objectives:

- To motivate NGOs and governmental and intergovernmental bodies to develop and implement action for IYF and beyond;
- To provide a platform for information exchange on major family issues, policies, research, successful family programmes, available expertise, and financial resources among IYF agents and experts from different sectors and levels of operation leading to partnerships and cooperation between different regions and organizations;
- To assess progress made and obstacles encountered in IYF and identify common strategies;
- To reach areas of the world not yet included in the IYF Network, particularly developing and least developed countries, where the importance of the family in development is crucial;
- To ensure effective follow-up action as part of an ongoing process towards a more "family-friendly" society.

The World of NGO Forum invites the participation of: representatives, experts, and interested persons from international, regional, national, and grassroots NGOs, in particular family-related organizations and associations as well as representatives of governments (IYF local points). IYF national committees, specialized agencies of the UN system, intergovernmental organizations, the media, and the private sector.

Plenary Sessions will deal with global perspectives of the theme. Proposed topics include:

Family: Source of the Future	Building a Family-friendly Society
Family: Its Relationship to Larger Networks	IYF — Making it Happen in Your Country
Family: The Well-Being of Family Member	IYF — Challenges and Opportunities into the 21st Century
Family: Responsibilities and Rights	

Special Interest Meetings will focus on issues of concern in all societies and how these relate to and interact with family well-being. Proposed topics include: **Family and ...**

Values of Society	The Economy	Special Needs
Poverty	The Workplace	Disability
Culture	Paid work/Unpaid Work	Resource for the Prevention of Substance Abuse
Education	Migration/Mobility	
Housing	Formation and Early Stages	HIV/AIDS
Health Promotion	Role Patterns	Violence
Environment	Parenting/Partnership	Partnership with NGOs
Ageing	Women	The Child

"How To" Sessions will elaborate on action areas, skills, and techniques which could be applied in IYF activities by providing resource material for the participants. Proposed topics comprise How to ...

Cooperate in a coordinating IYF body	Lobby with and for families
Integrate family research into practice	Evaluate family policies
Empower and involve families	Learn from families
Integrate family services into the community	Build local, national, and regional family networks.

Regional Exchange Meetings will allow participants from different regions to plan and coordinate regional IYF action at various levels.

Study Tours will be organized to various local family-related projects in Malta.

The World NGO Forum will confront participants with a question raised at the 1st International Seminar of the

efforts pour promouvoir l'AIF aux paliers régionaux, nationaux et locaux pour 1994 et les années à venir. Par conséquent, les familles elles-mêmes apprendront à mieux connaître l'Année internationale de la famille, à y participer davantage et à en tirer profit.

Le Forum mondial des ONG s'est fixé les objectifs suivants :

- Motiver les ONG et les organismes gouvernementaux et intergouvernementaux à élaborer et à mettre en oeuvre des activités en vue de l'Année internationale de la famille et au-delà.
- Servir de tribune à l'échange d'information sur les principales questions familiales, les politiques, la recherche, les programmes familiaux efficaces, les compétences et les ressources financières disponibles auprès des agents et des spécialistes de l'AIF provenant de secteurs et de niveaux d'exploitation différents, et ce en vue d'ouvrir la voie à des associations et à une collaboration entre les différents organismes et les régions.
- Évaluer les progrès réalisés et les obstacles rencontrés lors de l'organisation de l'Année internationale de la famille et cerner des stratégies communes.
- Tenter d'atteindre des régions du monde qui ne font pas encore partie du réseau de l'AIF, tout particulièrement les pays en voie de développement et les pays moins développés où la famille joue un rôle crucial au point de vue du développement.
- Faire en sorte que l'on mette en place des mesures de suivi efficaces comme partie intégrante d'un processus permanent, en vue de la création d'une société axée sur la famille.

Le Forum mondial des ONG invite les personnes suivantes à participer : les représentants, les spécialistes et les personnes intéressées provenant des ONG internationaux, régionaux, nationaux et de base populaire, en particulier d'associations et d'organismes axés sur la famille, ainsi que des représentants de gouvernement (sections locales de l'AIF), des comités nationaux, des agences spécialisées du système des Nations Unies, des organismes intergouvernementaux, des médias et de l'entreprise privée.

Les séances plénières traiteront des perspectives mondiales du thème. Les sujets proposé incluront, entre autres :

La famille : la voie de l'avenir	Comment créer une société axée sur la famille
La famille : ses liens avec les réseaux plus importants	AIF — Prise de conscience de cet événement dans votre pays
La famille : le bien-être de ses membres	AIF — les défis et les occasions qu'apporte le XXI[e] siècle
La famille : ses droits et responsabilités	

Des réunions d'intérêt particulier porteront sur des questions qui intéressent toutes les sociétés et sur les liens entre ces dernières et le bien-être des familles. Parmi les thèmes proposés, on retrouve : La famille et ...

Les valeurs de la société	L'économie	Les besoins particuliers
La pauvreté	Le milieu de travail	L'invalidité
La culture	Le travail rémunéré/non rémunéré	Les ressources pour la prévention d'abus d'intoxicants
L'éducation	La migration ou mobilité	
Le logement	Les premier mois de la vie	Le VIH/sida
La promotion de la santé	Les modèles de comportement	La violence
L'environnement	Être parents ou partenaires	Le partenariat avec les ONG
Le vieillissement	Les femmes	L'enfant

Les sesions «Comment ... » mettront l'accent sur les projets, les habiletés et les techniques qui pourraient être utiles aux activités reliées à l'Année internationale de la famille;

Vienna NGO Committee on the Family: "Are today's societies 'human societies' i.e., societies that promote human development above everything else?" A truly human society depends on families. Families are vital to the well-being of all their members. Families bear primary responsibility for shaping dynamic human societies.

"Promoting Families for the Well-being of Individuals and Societies": This theme will lead to awareness and action in the course of the International Year of the Family 1994 and beyond into the 21st Century.

We invite your contribution to the programme and debate at the World NGO Forum for IYF in Malta!

It is important at this point to know approximately how many participants from around the world will be attending. If you are considering attending, wish to contribute to the programme, and would like more copies (copies available in English, French, and Spanish) or additional information, please contact:

IYF-NGO Secretariat — Ingrid Gelinek
An der Hülben 1/15 A – 1010 Vienna, Austria
Tel: 43-1-513 86 87; Fax: 43-1-512 16 38 75

IYF National Committee,
Ministry for Home Affairs and Social Development
St. Venera, MALTA
Tel: 356-485 51 00-5; Fax: 356-44 35 95

on y remettra du matériel d'appui aux participants. Parmi les sujets proposés, on retrouvera «Comment ...

Coopérer au sein d'un groupe de coordination de l'AIF
Intégrer la recherche sur la famille à la pratique
Habiliter les familles et les faire participer
Intégrer les services à la famille à la communauté
Faire pression avec et pour les familles
Évaluer les politiques sur la famille
Tirer des leçons des familles
Créer des réseaux de familles à l'échelle locale, régionale et nationale»

Les **réunions de discussions régionales** permettront aux participants de différentes régions de planifer et de coordonner les activités régionales liées à l'AIF à différents niveaux.

Des **voyages d'études** permettront de se rendre sur place pour découvrir différents projets axés sur la famille qui sont déjà en oeuvre à Malte.

Le **Forum mondial des ONG** suscitera un débat parmi les participants autour de la question soulevée au premier séminaire international du Comité sur la famille des ONG de Vienne «Les sociétés d'aujourd'hui sont-elles des "sociétés humaines", c'est-à-dire des sociétés qui prônent le perfectionnement de la personne avant tout?» Une société réellement humaine s'appuie sur les familles. Les familles deviennement un élément vital au bien-être de chacun de ses membres. C'est aux familles que revient la responsabilité fondamentale de former des sociétés dynamiques. «Promouvoir les familles en vue du bien-être des particuliers et des sociétés» : ce thème aidera à accroître la sensibilisation et l'adoption d'actions précises au cours de l'Année internationale de la famille — 1994 et bien au-delà, jusqu'au XXI^{e} siècle.

Nous vous invitons à contribuer au programme et aux débats du Forum mondial des ONG pour l'Année internationale de la famille à Malte!

Il est important de connaître immédiatement le nombre approximatif de personnes qui viendront des quatre coins du monde pour y participer. Si vous prévoyez participer ou contribuer au programme, ou encore si vous désirez plus de feuillets d'information (versions disponibles en anglais, en français et en espagnol) ou plus de renseignements, veuillez communiquer avec :

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An der Hülben 1/15 A – 1010 Vienna, Austria
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Tél. : 356-485 51 00-5; Télécopieur : 356-44 35 95

Home Economics and Aboriginal Peoples: Philosophical Parallels

Sue McGregor

Abstract

This general paper will discuss the proposed similarities between the philosophies of home economics and Aboriginal peoples. If we are to serve the interests of Native families, we are professionally obligated to appreciate contextual differences as regards Aboriginal perennial family problems in order to augment our knowledge base. This paper argues that this initiative is expedited by the fact that we have the advantage of practising in a profession which adopts a complementary philosophy. Among other things, both philosophies respect reciprocal relationships between families and environments, self-empowerment, the systems (wholistic) perspective, family and community as institutions, and equality within the family structure. Continued dialogue on this position should result in the continued enhancement of the quality of First Nation family life and in an enriched relationship and mutual respect between our profession and Canadian Aboriginal cultures.

Résumé

Ce texte examine les similarités qui semblent exister entre la philosophie de l'économie familiale et celle des autochtones. Si nous voulons répondre aux besoins des familles autochtones, nous sommes professionnellement tenues de reconnaître les différences contextuelles de leurs problèmes familiaux persistants afin d'accroître nos connaissances de base. Selon l'auteur de ce texte, ce processus est accéléré du fait que nous avons l'avantage de pratiquer une profession qui adopte une philosophie complémentaire. Entre autres, les deux philosophies respectent les relations de réciprocité entre les familles et les environnements, la prise en charge de sa vie (l'habilitation), la démarche holistique, la famille et la communauté en tant qu'institutions, et l'égalité au sein de la structure familiale. Des discussions sérieuses à ce sujet ne pourront qu'améliorer la qualité de la vie familiale de la Première Nation et accentuer les relations et le respect mutuel entre notre profession et les cultures autochtones du Canada.

Our mission-oriented profession seeks knowledge so we can ethically deliver services to enable families to solve practical, perennial problems. We do this by integrating theory with practice (necessitating critical thinking) as we strive to fulfill our mission, which is to help families help themselves using emancipatory actions (Brown & Paolucci, 1978; Bubolz & Sontag, 1988; Vaines, 1980). This paper is based on the premise that the philosophy of Aboriginal peoples[1] has many parallels to the philosophy of home economics and human ecology. The position is taken that if we extend our growing awareness of these philosophical similarities we can better fulfil our mission as it relates to First Nation peoples.

Analogous Philosophies

Aboriginal peoples traditionally assumed a wholistic perspective to life as does the home economics profession. Central to aboriginal culture is the concept of a tribal system. The profession of home economics is also grounded in systems theory from a human ecology perspective, meaning that families manage resources from their near environments to fulfil their nurturing role. Both philosophies highly value the institutions of the family and the community. There is a strong belief in the strength of the community and the family as a nurturing unit. Both philosophies are concerned with inequality within the family power structure. Both philosophies believe that individuals and families should be empowered to be self-directed and self-forming. Finally, both believe that there should be balance between people and their environments. Each of these similarities will now be discussed.

Environmental relationships

Aboriginal peoples are gravely concerned for the environment as are home economists (Engberg, 1993). This is for subtly different reasons, however. Aboriginal peoples traditionally believe that they are one with the environment and their goal is to achieve

Sue McGregor, PhD, has the honor of being a home economist and an Ojibway native (by marriage and growing hearts direction). A member of the Human Ecology Department at MSVU, she is currently Chair of the CHEA Public Policy Committee and also a member of the CHEA Native and Northern Issues Committee.

Acknowledgments: Appreciation is extended to Dr. Felica Eghan and Margaret Fountain for their insightful reviews of this position paper.

[1]For clarification, Aboriginal peoples in Canada are recognized by the Indian Act as being comprised as Native, Metis and Inuit. The Inu community in Labrador are part of the Aboriginal peoples but are not recognized as such by the Act.

and maintain their part of being in balance upon the Earth Mother (Sun Bear, Wabum, & Weinstock, 1987). Home economists assume that the family is a nurturing unit which achieves this role by managing the resources they obtain from their environments. A key concept in human ecology is "management" of resources to achieve optimization (Deacon & Firebaugh, 1988; Melson, 1980; Touliatos & Compton, 1988). Human ecology advocates that there are three main environments — the human built,. the natural physical-biological, and the socio-cultural environments (Bubolz, 1990; Bubolz, Eicher, & Sontag, 1979; Gillespie, 1991). Aboriginal peoples, on the other hand, traditionally believe that they are a part of the earth. They believe that blending with the earth enables them to experience a sense of belonging, of being part of the natural forces around them. They believe that the life force flows through everything (Sun Bear, et al., 1987).

Both human ecology (Touliatos & Compton, 1988) and Aboriginal peoples (Maybury-Lewis, 1992) presume that the relationship between persons and the environment is a reciprocal one. Not only does the environment affect the people but people affect the environment. However, Aboriginal philosophy does not separate them from the environment as a manager to the extent that the home economics philosophy does. They believe that they blend with and are an integral part of the Earth Mother. They are part of the environment rather than separate from and managing the environment (Sunbear, et al., 1987). Conversely, as Maybury-Lewis phrase it, "... [non-tribal people] do not feel that we belong to [the earth]. It belongs to us" (1992, p. 74). North American value orientations are 'mastery over nature' and 'having rather than being' (Engberg, 1989).

Family and community

There is a coinciding, strong belief in the strength of the community and the family as a nurturing unit (Bubolz & Sontag, 1988; Sunbear, et al., 1987). There is little disparity between the two philosophies on this concept. Both see the family as a valued institution responsible for nurturing the family members such that they become effective, contributing members to society. Both are concerned, as well, with the challenges to the family as an institution in these demanding and complex times.

Power within the family structure

Both Aboriginal and home economics philosophies are concerned with inequality in the family power structure (whether it pertains to wife abuse, child abuse, or other types of oppression). Many Aboriginal societies were traditionally matriarchal. Traditional Aboriginal values were based on the centrality of women, the family, and the community (Perrot, 1992). Perrot critiques the current debate over Aboriginal self government, claiming that the native men at the table have ignored the rights of the native women. This translates into the native women's movement. There is a parallel link being forged and explored between feminism and home economics (Light, 1983; Peterat, 1990; Thompson, 1988; Welsh, 1992).

Empowerment

Both philosophies believe that individuals and families should be empowered to be self-directed, self-forming, and emancipated. Aboriginal peoples believe that if you watch patiently, and listen quietly that you will learn truly. They teach by demonstration and silently, by example. This is in contrast to setting out what one will teach, teaching it, and then reviewing it (Sunbear, et al., 1987). They traditionally relied heavily on the teachings of the elders. From a systems of action perspective (Brown & Paolucci, 1978), Aboriginal peoples embody emancipatory action more strongly then they do instrumental and communicative actions. They do this so they can empower their peoples to be self-forming and self-directing. The home economics philosophy maintains that we, as professionals, are mandated to help families achieve this empowered state. We do so by ethically offering services to families such that they strive to be self-directed citizens. When offering a service using emancipatory actions, "rules are developed through critical discourse [with the families and communities] and are [used as] guides to facilitate [joint] development of both ends and means through social policy" (Vaines, 1980, p. 113).

Maintaining balance within a system

Home economists believe that the family is an ecosystem interacting independently with each other and interdependently within other systems. The human ecology perspective adds the dimension of environments and enables us to make the premise that families need to maintain a state of balance between their different environments, comprised of human constructed, natural, and human behaviorial (Bubolz & Sontag, 1988; Bubolz, Eicher, & Sontag, 1979; Touliatos & Compton, 1988). Natives also assume an wholistic perspective and personify this by traditionally living in a tribal system. This means that they lived in comparative isolation and managed their affairs without a central authority such as the state (hence the current initiative to gain self-government). In traditional societies, people are a valuable resource in the system and the interrelations between them are carefully tended (Maybury-Lewis, 1992).

Implications

This paper has argued that we have the advantage of practising in a profession which adopts a complementary philosophy relative to the Aboriginal philosophy. We are challenged to continue to appreciate the contextual differences in order to augment our knowledge base (Engberg, 1989) as regards Aboriginal perennial family problems. Consequently, it is suggested that the strategies which home economists adopt, as they strive to work with Aboriginal peoples to help them enhance their quality of life, should have several key characteristics. These strategies should encompass cooperation and mutual respect (Engberg, 1989; Perrot, 1992); contextual and cultural assessment (Engberg, 1989) (through communicative action based on symbolic interactionism); value reasoning and critical thinking (emancipatory action (Vaines, 1980)); and political activism via cooperative issues management (McGregor, 1989; 1993).

To reiterate, Engberg (1989) acknowledged that learning to recognize and support locally-based indigenous knowledge systems through value appreciation and structural transformation empowers the home economist to contribute greatly to the solution of any family dilemma. This is especially true as regards the particularly challenging perennial problems of Aboriginal families. The potential dialogue resulting from this paper should lead to continual development of a pragmatic knowledge base, the continued enhancement of the quality of First Nation family life, and an enriched relationship and mutual respect between our profession and Canadian Aboriginal cultures. □

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GREEKTOWN TOUR: A chance to visit Detroit's famous Greektown and shop at Trapper's Alley.

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